



# Home Remedies For Common Illnesses



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## Home Remedies For Abrasions

A superficial damage caused to your skin as a wound or injury which has an impact on the top most skin layer is known as Abrasion, in the field of medicine.

But you will have to remember that Abrasion and laceration are not same, the former is less severe in nature resulting from scraping of the epidermis while the later one usually includes a sharp object. Abrasions can be easily healed with the help of certain home remedies.

### Causes

During childhood everyone gets abrasion which usually happens when the vulnerable skin faces a rough surface, while in motion which grinds or rubs off the topmost layer of the epidermis. For example, abrasion can cause from running, playing sports, etc.

People who had accidents can also have abrasion too. Sometimes women may have abrasions after having a sexual intercourse.

### Types Of Abrasion

Before knowing the home remedies for the abrasion you must know what sort of abrasion you or your loved one is suffering from. Three types of Abrasions can be spotted based on the degree or severity of the injury. The First degree abrasion includes an epidermal injury the skin and is most commonly spotted.

The 2nd degree abrasions which include minute percentage of bleeding, affects the epidermis as well as the dermis. The Third degree abrasion is the most serious of all, which involves the subcutaneous layer and damages the skin.

### Symptoms

Abrasions are some small injuries on the skin and hence they are very easily noticeable. In some cases it is accompanied by pain which makes it even easier to identify.

Sometimes redness can be spotted in zones where scrapping of skin occurs; light fever can be noticed in some cases. In case of abrasion which is much more intense, as compared to common ones, intense pain along with swelling, excess bleeding, numbness around the site, weakness in the area and such case should be checked by a doctor immediately.



## **Home Remedies For Abrasions**

Luckily abrasions can be treated at home, very easily and they shouldn't be of much concern until or unless the cut is really deep:-

### **Aloe Vera**

After removing the thorns and the outer skin of the Aloe Vera leaves extract the gel. This gel should be applied on the abrasion thrice a day. After applying it, let it stay on the skin.

### **Turmeric**

Turmeric is known to be an effective antiseptic. Take half teaspoon of turmeric powder, add a little water and mix it well to make a paste. After cleaning the abrasion with cotton apply the paste on it thrice a day. Leave it to dry and don't cover the wound.

### **Sage or Germanium Tea**

For effective result in curing skin abrasion, dock leaves can be used as lotion. You can also apply tea made from sage or geranium leaves on the affected area.

### **Lavender Oil**

Lavender oil disinfects the injury as well as helps in faster recovery. Three to five lavender drops oil can be added to Thyme tea. Apply this mixture at least twice a day. Other herbs such as a salve made of some tea tree along with comfrey are great at treating abrasions.

### **Vinegar**

One tablespoon of Vinegar missed with three tablespoons of warm water can be dabbed on the abrasion several times a day as Vinegar is a natural astringent. This process helps keep the abrasion clean.

### **Crushed Marigold Flowers**

Marigold flower is known to have antibacterial properties in it which helps to heal the wound faster. Crushed Marigold flowers can be applied on the affected area to acquire faster healing.

## **Diet Remedy For Abrasions**



No specific is needed to follow to treat a skin abrasion; however certain food items can be included to speed up the healing process.

## **Other Treatments**

Always remember before treating the abrasion always wash the wound properly. In order to clean it, you must wash the affected area with some cool fresh water and an antibacterial soap. This process may leave a bit burning or stinging sensation but that shouldn't make you skip the process, it is very important to wash it in order to avoid infection.



## **Home Remedies For Acid Reflux Disease**

Acid reflux disease is a distressing condition that occurs when the stomach juices are thrown into the esophagus and this will cause severe burning sensation, chest pain and pain in the patient. Several causes can be attributed to it, though the main one is intake of hot and spicy food. There are some home remedies that can be used for treating acid reflux disease. Here are a few.

### **Home Remedies For Acid Reflux**

#### **Apple Cider Vinegar**

Apple cider vinegar restores the pH balance in the stomach, which helps in neutralizing the acidity in the stomach, and calms your stomach immediately. Take one tablespoon of apple cider vinegar with the 'mother' and add half a cup of water to this. As having a meal, and especially spicy and hot one can cause acid reflux disease in people who are prone to it, the mixture has to be taken before every meal to keep the stomach relaxed and calm and to prevent the over activity of the digestive juices. Take this mixture at least half an hour before every meal to prevent as well as treat acid reflux disease.

#### **Baking Soda**

Another natural pH restoring agent, baking soda helps by neutralizing the acid-base balance and restoring the troubled stomach to normalcy. Take a teaspoon of baking soda and add this to a glass of water. Soon the solution will start fizzing. Drink it immediately for immediate relief.

However, baking soda must be taken with great caution. It can cause problems for people who have hypertension and those who are on a restricted or non sodium diet. Speak to your doctor about the safety of this home remedy before you take it when you have diseases and conditions.

#### **Licorice**

Licorice root works by acting as a protective sheath around the stomach walls and this will prevent acid reflux disease from troubling you. Licorice root gel or supplements can be taken in tincture form or extracts, or as a tea for making use of its medicinal properties. Take the herbal remedy before meals or as directed by the herbalist. The protective gel that forms around the stomach walls will also prevent the walls from getting damaged due to severe and frequent acid reflux.

#### **Aloe Vera**





Aloe is a cooling gel and when you have a burning stomach as is the case when you have acid reflux disease, aloe can act as a soothing agent and cools the interior walls of the stomach. Fresh aloe can be collected from the aloe plant and a quarter cup can be taken every day morning or before meals to protect your stomach walls from acid reflux disease. Aloe Vera juices too are available for consumption. Make sure that the juice is organic and not a synthetic one.

## Ginger

Ginger is a natural pain reliever. It is also good for optimum digestion of food and prevents the food and the gastric juices from throwing back into the esophagus and causing acid reflux disease. Ginger juice can be taken after meals for digestion of the food. Ginger will also prevent bacterial action in the stomach and aid in good digestion. This will prevent putrefaction of food inside the stomach and intestinal walls as well.

## Fennel Seeds

Fennel seeds when taken will help in taking care for stomach spasms, which too is a characteristic feature of acid reflux disease. Fennel seeds contain a compound known as anethole, which is known to be anti spasmodic in nature and helps in relaxing the stomach walls and preventing acid reflux disease. As acid reflux disease is more prone to crop up after a heavy and spicy meal, it is best to chew on a few fennel seeds after every meal to prevent its occurrence and also to aid in better digestive health.

## Lavender And Anise Tea

A combination of lavender which is a soothing and relaxing herb and anise seeds can help deal with acid reflux disease in people who suffer frequently. Take lavender and anise seeds in equal quantities and add one teaspoon of this mixture into twenty ounces of boiling water. Allow the mixture to be steeped for ten minutes. Cool and take one cup in the morning and one in the night. Doing this continuously will help in treating acid reflux disease and also in preventing the symptoms from occurring on a frequent basis.

## Cumin Seeds

Another wonderful natural remedy, cumin seeds have many antibacterial, anti inflammatory and other medicinal properties. For treating acid reflux disease, cumin seeds can be used. Gas or flatulence is another reason that can cause acid reflux disease. Gas trapped inside the abdominal wall can cause the digestive juices to be thrown back up and this will lead to severe acidity.

Taking cumin seeds will help in the release of gas and this will prevent the digestive juices from coming back up. One tablespoon of cumin seeds can be boiled with one liter of water and this can be



taken throughout the day, especially after meals to release gas and also to prevent bacterial buildup, which can lead to acid reflux disease later.

## **Almonds**

Almonds are known to be very relaxing to the stomach. Taking almonds every day will help in keeping the stomach walls relaxed and calm as well. For treating acid reflux disease, take 4-5 almonds and chew well before swallowing them. Almonds are rich in vitamin E, which moisturizes the stomach walls and is also antioxidant in nature. This will keep the stomach and digestive system and also skin very healthy.

## **Skimmed Milk**

Milk is known to be very soothing to the stomach and many are recommended to have a glass of milk after the meals to calm the stomach, especially for those suffering from irritable bowel syndrome, acidity and related problems. However, you must not attempt fatty milk. A skimmed variety must be used every day to prevent aggravation. After your meals, make sure that you cool the milk and take a glass of it. The cooling and soothing properties of milk will be double fold when you cool it.

## **Coconut Water**

Coconut water is a natural cooling agent and this will take care of the burning sensation experienced by many when they have acid reflux disease. After every meal or when you are troubled by acid reflux disease, you can sip on a tender coconut and attain relief instantly. Coconut water is also rich in nutrients and help in keeping the stomach and body hydrated and cool, especially during the summer months.

## **Recommended Natural & Herbal Products**

- [\*\*Amla – Vitamin C Rich\*\*](#)
- [\*\*G-Zyme Capsules \(Appetiser, Indigestion\)\*\*](#)



## Home Remedies for Acidity

We all can recall having fallen a victim to heartburn after the festival season or after attending a wedding. Having gorged on our choicest delicacies, now we face the after effects. It is a common practice to eat light food for a day or two when we suffer from heaviness and acidity to get the system back to normal. But what about those who suffer from acidity day in and day out. Is there a ray of hope for them?

Yes, if they follow this article and stick to whatever suits them out of the options given in a disciplined way, there sure is a way out. But why allow the malady go that far? It is best to control in its initial stages.

### Symptoms of Acidity

Heartburn is the most common symptom; however, severe cases may feel chest pains. The acidity may advance to ulcers because too much acid leads to wounds, scarring and inflammation in the esophagus and intestines. If this is not arrested in time it can go to the extent of hemorrhage.

The other symptom is sore throat, that happens in extreme cases where the acid travels up from the stomach to the throat.

## Home Remedies For Acidity

### Clove

This condiment helps the digestive system. Suck a piece of clove after every meal, it will give relief from acidity.

### Milk and Dairy Products

Milk is one of the best remedies for acidity. It is the easiest to source because we all keep milk handy at home. Milk negates the acidic effect in the stomach. With reduced build up of acids in the stomach, the heartburn does not trouble.

You can drink a cup of cold milk. If you don't want to drink that much milk in one go, or you feel that you will not be able to digest cold milk, add 2 tbsp of milk in a glass of water and drink. It will give an instant relief. It is a sure shot remedy.

Another fantastic and delicious way to reduce acidity is to take a cup of milk with a dollop of vanilla ice-cream floating on top.



## **Fresh Mint**

Fresh mint juice is helpful in getting rid from acidity, but make a point to take it in limited quantity. It is a strong herb, hence use only 2 or three twigs at a time. Another way to use mint for acidity is to boil 2 glasses of water with 5 to 10 twigs of mint. Remove from heat and keep the lid on till the minty water cools. Add a tbsp of honey to it and drink it through the day.

## **Cumin Seeds Drink**

Take a tsp of cumin seeds, put them in 4 glasses of water, Put the pan on heat, bring it to a boil, remove from heat and your anti-acidity drink is ready. You can use another relatively easier method of making this drink, you may not boil it but have the seeds steeped in water for 15/20 minutes. Strain and drink this cumin water.

## **Cucumber**

The alkaline nature of cucumber nullifies the acidity, you can sprinkle some pink salt (kala namak) to make cucumber digest quickly.

## **Watermelon**

Buy a ripe watermelon, cut it and eat it frequently to alleviate the symptoms of acidity. An unripe watermelon will not be of any help. You can store a cut watermelon in the fridge for three days covered with a cling film. Instead of pills for acidity go for a beautiful and tasty delight.

## **Coconut Water**

Every time you feel thirsty drink coconut water. Try it for a few days. It sure will give you relief from heartburn. Coconut water soothes the inflamed stomach and cools it down.

## **Jaggery**

10g of jaggery eaten after every meal can reduce the acidity considerably.

## **Baking soda**

1tsp of baking soda in water works well to reduce acidity. Soda is alkaline, thus it neutralizes acid.



## **Water**

A glass of warm water as the first drink of the morning is good for acidity.

## **Avoid**

Tea, coffee and aerated drinks can cause acidity or at least aggravate it. These beverages cause heartburn and must be avoided completely. If you feel a strong urge to have them, drink a very small cup.

## **Avoid Smoking**

Smoking increases acidity and avoiding it completely can help a lot in reducing acidity.

## **Avoid Alcohol**

Alcohol has a warming and burning effect. When you take a sip, you can clearly make out that every small sip gives you a burning feeling as it travels down your stomach. It will aggravate your acidity as it does not have a cooling effect, even if you drink it chilled. Beer may be sold as a tempting and cooling drink, actually it does not cool. It promotes the acidity in the stomach.

## **Recommended Natural & Herbal Products**

- **[Amla – Vitamin C Rich](#)**
- **[G-Zyme Capsules \(Appetiser, Indigestion\)](#)**



## Home Remedies For Acne

Acne, the irritant that torments your skin and your psyche, is nothing but inflammation of the sebaceous glands that are present in the skin. This is a condition that people develop in their teenage just as they approach puberty. The blisters, boils, or rashes, as the case may be, tend to disappear as people reach their twenties and get past their teenage (the minor rashes may sometimes erupt into boils or blisters). However, as there are rules, so are there exceptions – the exceptional cases feature acnes well into the 30's and 40's, turning into a significant problem for many. Some of the common forms that acnes assume include pimples and papules, sometimes leaving deep scars in the face around the areas that have high concentration of sebaceous glands.

### **Acne Home Remedies**

#### Basil Leaves for Acne

Basil leaves tend to be among the most popular home remedies for acne, and also for a host of other health conditions, given the natural healing powers that the tender leaves and the herb have been bestowed with. As far as acne home remedies are concerned, you could hope to have your perfect skin back by boiling a couple of bags of tea along with basil leaves for around 15 minutes.

Wait for it to simmer and cool down, soak a clean ball of cotton in the blend and dab it on the affected areas of the skin gently. As the heat provides a soothing experience, the goodness of basil leaves would have gotten to work already, to remove the toxicity, eliminate the bad bacteria and to replenish the skin with all freshness, making for one of the simple home remedies for acne.

#### Aloe Vera for Acne

How could you talk about skin and not discuss Aloe Vera? The extracts of the magic herb have found good use in a whole range of cosmetic applications, with products ranging from soaps, creams and shampoos boasting of their Aloe Vera content in making them potent and vital. If you have the patience to plant and watch Aloe Vera grow in your backyard, you could pluck the leaf, twist it at the middle or bend it over to extract a juice that is rich in nutrients, minerals, vitamins and has the healing touch that would blow you away with the results that you would get.

Alternatively, Aloe Vera juice and gel are available aplenty at your neighbourhood stores or the herbal dealers, and all it takes is to squeeze a tube that contains Aloe Vera gel and apply the cool gel on to skin as effective home remedies for acne. Aloe Vera has the property of eliminating harmful bacteria, promoting the growth of fresh cells, softening the skin, moisturising it for smoothness, rejuvenating the tissues and more importantly, doing it all without a hint of scarring.



## **Garlic for Acne**

If you are looking for a potent home remedy for acne that is effective, efficient and has the 'killer punch' in it, you could not possibly overlook the white little bulb, garlic. The fact that you find garlic almost at every grocery store and supermarket might have made you overlook the possibilities associated with garlic as one of the effective home remedies for acne. But then, garlic is known for its anti-bacterial properties, known to be effective as an anti-fungal agent, works just fine as an anti-oxidant and is even found to have properties of an antibiotic.

Garlic has the ability to cleanse the body and body tissues, while it is strong enough to keep bacteria at bay. We all know how the pungent smell and strong aroma of garlic come in handy in many a cuisine and delicious recipes, adding spice to food and taste to the palate. But more than that, it is the anti-inflammatory properties, along with its ability to act as a broad spectrum anti-fungal agent, which works wonders when it comes to treatment of acne.

The high levels of Vitamin C in garlic is what contributes to the antioxidant properties and activates the immune system, building up resistance against a host of bacterial attacks. With important minerals such as magnesium, potassium, calcium, selenium, sodium, copper, zinc and iron available within its folds, garlic would demand that you take it seriously in terms of home remedies for acne. For one, you could take a couple of cloves of the bulb and chew them raw in the morning to get the goodness of garlic into your system.

## **Apple Cider Vinegar for Acne**

Apple cider vinegar features as one of the favourite home remedies for acne, and also for skin care in general. Apple cider vinegar is widely used not just in topical application but also for internal consumption.

One of the delicious ways of consuming apple cider vinegar internally is to mix it with a dash of lemon juice, diluted in water, which is reported to have its positive effect on acne and other skin conditions.

If you would want to apply apple cider vinegar on to your skin, you could opt for diluting the vinegar with three times the quantity of water and safely apply it on the affected areas of the skin. Apple cider vinegar has good levels of acetic acid, which, by itself, is known to have several health benefits.

One of the ways in which you find good use of apple cider vinegar for acne is the kind of drying effects that the liquid has on the skin, assisting the skin in its exfoliating action, eliminating traces of dead tissues and controlling the level of sebum that is found on the skin – you may recall that it is an excessively active set of sebaceous glands that promote acne formation, hence, controlling the presence of sebum on the skin surface would help as one of the natural home remedies for acne.



## **Apple Cider Vinegar, Green tea, Tea Tree oil and Jojoba oil for Acne**

Another way that you could use apple cider vinegar for skin and for acne would be to add a few additional ingredients that would bestow their goodness and lend a helping hand when it comes to skincare – the ingredients are green tea, tea tree oil and jojoba oil. Green tea has loads to offer in terms of health benefits, and many of those benefits come to fruition on account of the catechins present in it.

Green tea is the tea that has gone through minimal processing, unlike their black counterparts, which makes the catechins, antioxidants that could render the harmful free radicals in the body ineffective, abundantly available in it. Tea tree oil, with its origins in Australia, is an effective anti-bacterial and antifungal agent that is extensively used as an active ingredient in products from the cosmetic industry, including soaps and shampoos. And jojoba oil is the oil with multiple health benefits, derived from the shrub that is native of the American deserts.

The anti-inflammatory effects of jojoba oil in quelling inflammation and reducing swelling have been well documented. Jojoba oil is found to be rich in vitamin E, an effective anti-oxidant that is widely used in skin care. And the oil has also been found to play an active role in reigning in the sebaceous glands that might have got a bit worked up, controlling sebum secretion and effectively eliminating excess oil that might have got locked into the skin pores.

The best way to get the most of the combined benefits of the three would be to heat the mixture of apple cider vinegar in water, dropping a bag of green tea to form a decoction. Heat it for around 15 minutes for the natural goodness of all the elements to seep into the blend, and allow the mixture to cool down.

You could then add 3 – 4 drops of tea tree oil and jojoba oil on to the blend, and add one tablet of aspirin, crushed, into the mix, to form a potent toner. Cleanse the skin thoroughly with mild soap and then, apply the toner on to the affected areas of the skin – you could leave it on for a few minutes and then wash it off, and patch the area up with a moisturiser of your choice, to complete one of the most effective home remedies for acne.

## **Witch Hazel for Acne**

There are many reasons why witch hazel should come across as one of the most effective home remedies for acne. For one, witch hazel, the naturally growing North American shrub, is known for its health properties that include its being an astringent, apart from its healing and anti-inflammatory properties.

The anti-inflammatory properties of witch hazel have come in handy in quelling inflammation and in the treatment of sores and bruises on the skin, while the astringent action that it has on the skin helps in





soaking up excessive moisture on the skin surface – it may be noted that it is both the effect of sebaceous glands over-secreting sebum, as well as the moisture that turns out to be a breeding ground for bacteria, that combine together to result in an outburst of acne.

The health benefits of witch hazel tend to be underscored by the relative friendly nature of the shrub and its extracts on the skin and its ease of application on the affected areas of skin – it doesn't bleach the skin like some of the other astringents are capable of doing. After you have washed your skin clean, you could soak a cotton ball in the witch hazel oil and dab it on the affected areas of the skin gently, preferably two times a day.

a. Caution with Astringents: If you have apprehensions with regard to using astringents on the skin on account of their reported bleaching properties, you may try them out on some of the other parts of the body, as in the case of hands or the neck, where the skin is much coarser when compared with the delicate skin on the face.

### Yoghurt and Oatmeal for Acne

One of the home remedies for acne that is often overlooked due to its easy availability and common use in food is yoghurt. Yoghurt is rich in lactobacillus acidophilus, the friendly bacteria that are essential for the proper functioning of the gut. It is frequently cited that lack of or shortage in the availability of lactobacillus acidophilus is something that could lead to increased susceptibility of the skin and other parts of the body to fungal attacks, yeast infections and other conditions associated with bacterial action.

The benefits of yoghurt could be combined with those of oats when it comes to home remedies for acne. Oats are good not only in terms of internal consumption but also for external application on the skin. For one, oats are known for their anti-inflammatory properties that go a long way in reducing inflammation and toning the skin. They are also found to have healing powers, repairing damaged skin structures. Further, oats tend to be coarse and hence, turn out to be effective exfoliating agents as well.

You could make a paste out of oatmeal and yoghurt and apply the paste on your skin, focussing on the affected areas, and leave it on till it gets dry on its own. You could then wash it off with cold water and you may apply your favourite moisturiser, or a friendly antiseptic cream, if you like, on the acne, as quick remedy from acne and related skin conditions.

### Epsom Salt for Acne

Magnesium sulphate, commonly known as Epsom Salt, has traditionally been used for a wide range of medicinal purposes on account of its healing properties. The mineral magnesium is vital for the proper functioning of systems in the human body. Given that human skin has the ability to readily absorb



magnesium, people who have problems in the natural absorption of the mineral through food intake are recommended Epsom salt bath so that the mineral gets absorbed into the body through skin.

Apart from its uses in insulin management as well as in muscle pains, Epsom salt is also used to treat certain skin conditions, given its anti-inflammatory properties. Magnesium deficiency is found to be widely prevalent, given that most people consume an average of 300 mg of magnesium per day, while the recommended daily dose is 400 mg. With such magnesium deficiency, there is high likelihood that skin may be prone to diseases. Hence, use of magnesium sulphate or Epsom salt is one of the useful home remedies for acne.

And the application is quite easy as well, as all you have to do is to add a teaspoon of Epsom salt on to your regular face wash of cleansing liquid and massage the liquid on the areas where you have had acne problems. You could then wash your face and dry it by dabbing it with a clean piece of cloth.

### **Coconut Oil for Acne**

Coconut oil is one of nature's blessings to mankind, one that is widely available, pure and simple. When it comes to home remedies for acne, you would have to choose pure and unrefined coconut oil that is not embellished with added ingredients and fragrances, as they do not add much value in terms of treatment for acne. Coconut oil is also one of the easily available moisturisers that you could lay your hands on. Just squeeze a couple of drops of pure coconut oil and apply on to the required areas of the skin, which would prove effective.

### **Baking Soda for Acne**

Baking soda is the common name for sodium bicarbonate, commonly used in cooking, as the name suggests, and one that also comes in handy as home remedies for acne. Make a paste of baking soda in clean water and apply it on to the skin after you have cleaned the area with gentle soap. You may let the paste be on the acne infected areas for a while before you could wash it off. You may repeat the process regularly for a few days for effective relief from acne.

### **Vitamin E Oil for Acne**

When it comes to home remedies for acne, you cannot but trust the vitamin that is long associated with clear and glowing skin – Vitamin E. While vitamin E is good on the skin anyway, what makes it even more special is the antioxidant properties that the vitamin has, neutralising free radicals that affect body cells and tissues. Further, you would also need the right level of moisture in your skin, taking care that your skin is neither too moist nor does it get all too dry and flaky.

You may choose from among the list of home remedies for acne that would go with your body type and use the ones that help you in your treatment for acne. However, Vitamin E oil is universally



applicable, thought to be safe and one that is also easily available. And more importantly, when you are dealing with acne, you would not only want the acne to disappear but would also want to be scar-free, an objective that is only well served with regular use of Vitamin E oil for acne.

## **Recommended Natural & Herbal Products**

- [Neem – Skin / System Purifier](#)
- [Khadir – Skin Allergies, Blood Purifier](#)



## Home Remedies For Acne Scar Removal

Acne is a widely occurring skin irritation or human skin infection also known as Acne vulgaris or cystic acne. Acne is a most common skin problem occurring on skin surfaces where the sebaceous follicles are most abundant like the epidermal layer of face, upper torso region (both front and back). Scratching it leads to scars, which may be permanent, if not treated on time.

### Symptoms

The symptoms of cystic acne are swelling and redness of skin regions with scaly appearance. Blackheads and numerous whiteheads commonly called comedones along with pinheads and painful pimples. There are also large papules and appearance of spot like scars in many cases.

### Causes

Acne is the most common skin problem in adolescent and early adult human life mainly generated by higher levels of the reproductive hormone testosterone, which takes place in both male and female during the onset of puberty. The normal disappearance of acne scars varies greatly from person to person and the trend cannot be predicted by any means. Excessive scratching, infection in the acne or even other bruises lead to acne scars. Sometimes, chronic acne also leads to scars.

### Types Of Acne Scars

Acne most of the time leaves ugly scars that remain for long rupturing one's natural beauty. These scars are basically divided into three types, namely, Rolling scars. This type makes the skin look wavy, uneven and rough, disrupting the smooth texture of the skin. Then there is the ice pick scars, which are the most common form of acne scar that is marked by the appearance of deep depressions in the skin. Finally there is the box car scar and this type of scar is usually abundant in cheeks and temple region. This angular blemish mark has a chickenpox mark like appearance and can be both deep and shallow.

## Home Remedies for Acne Scar Removal

### Sandalwood and Rosewater Pack

These are the two most common remedy for acne scar removal. The mixture of sandalwood paste and rosewater can be applied over the whole face or the infected area as a face mask. The paste must be allowed to dry for an hour or more (overnight application is best), and then washed off with cold water. The sandalwood soothes and cools the acne wound, providing relief.



## **Fenugreek**

Fenugreek solution and fenugreek leaf paste are equally effective for acne scar removal. The fenugreek seeds can be boiled in water to prepare a solution that soothes the acne scars.

## **Olive Oil**

Apart from being highly praised in the culinary world the olive oil is great for the skin too. For acne scar removal massage a few drops of olive oil daily over the infected areas. This moisturizing agent not only reduces acne scar it improves the skin texture as well.

## **Cucumber**

Cucumber is well known for its cooling effect on skin and thus is highly praised in cosmetic industry for removing acne scars and improving the elasticity of skin, making the skin supple, young and smooth.

## **Indian Gooseberry Or Amla**

Indian gooseberry is another great natural remedy for acne scar removal. Many recommend the creams and lotions formulated from this.

## **Lemon or Limes**

Lemon juice or lime juice can be administered over acne wounds with the help of a cotton pad or ball. The juice lightens the scarred skin, removing the appearance of dark acne spots. The skin must soak up the juice properly before washing it with cold water.

## **Egg White**

Use of egg whites as a face mask can be very beneficial for removing acne scars. Overnight application is recommended if one can tolerate the smell. It can be washed away with cold water later on. This works like magic in acne scar healing and reducing skin inflammation. If one is comfortable he or she can mix a few drops of lemon juice with egg white and then apply it. This method of acne scar removal is only for those who are not allergic to eggs.

## **Other Treatments**

Apart from this, one can try and apply Aloe Vera on a regular basis on the skin too. You can try applying potato juice on the scars. A paste made from apricots can also help to lighten the skin and



remove the signs of the scar.

### **Diet Treatments For Acne Scar**

The regular diet of a person plays key role in acne scar removal method. Switching to a regular healthy, nutritious and balanced food habit accelerates cell renewal process giving rise to a healthy, naturally glowing acne scar free skin. The essential nutrients if taken in adequate amount daily through meals can boost up the immune system and helps your body in fighting acne and related problems.



## Home Remedies For Age Spots

Age spots are also known as liver spots, sun spots and are brown, flat discolourations of the skin, which usually occur on the face, hands and the neck. In most cases, these spots are aggravated with exposure to the sun. They also occur when the liver becomes overwhelmed with toxins and age spots begin to develop on the surface of the skin.

Luckily, the first signs and appearances of these age spots can be easily remedied and treated with the help of simple home remedies. Let us now look at some effective home remedies for age spots.

### **Home Remedies for Age Spots**

#### Apple Cider Vinegar

When both apple cider vinegar and the juice of an onion are rubbed on these age spots, the acidic effects of the onion and the vinegar helps to lighten these age spots.

Take one part of apple cider vinegar and one part of onion juice and dab it directly on the age spots. You can also dilute the apple cider vinegar in a glass of warm water and drink this concoction once daily for a smooth and age spot free skin.

#### Aloe Vera

The juice of aloe Vera is also said to be effective in the treatment of age spots. Many people have found it effective in reducing the appearance of age spots. Simply rub and dab the juice of aloe Vera plant directly on the age spots. You should see considerable and visible improvements in the next few months.

#### Lime Juice

Another exceptional home remedy is the use of lime juice for treatment of age spots, tanning and blemishes. Squeeze the juice of a lime and directly apply it to the age spots. If the juice is very potent, you can dilute it with some curd and then apply it on the face. The curd will leave your skin soft and lime juice will help to fade the age spots.

#### Castor Oil

Castor oil is believed to be an effective home cure for age spots. Rub some castor oil on the age spots occurring on the face and the neck. You can gently massage this oil so that it seeps well into the skin. Do this every morning and evening for best results.



## **Eat a Potassium Rich Diet**

Your diet can affect the severity and the spread of age spots. Make sure you take in a diet that is rich in potassium. Some of the potassium rich foods are bananas, cantaloupes, kiwi fruit, avocados , figs, dates and melons to name a few. By taking a diet that is rich in these foods, you will be minimizing the outbreak of incidences of age spots.

## **Orange Juice**

Orange juice has vitamin C that is said to be effective against age spots. Rub some orange juice directly on the affected areas of the skin. This will help to lighten the age spots.

## **Protect Your Skin from the Sun**

Since age spots tend to get aggravated by the sun, make sure you keep your skin well protected even while you are at home. Apply sunscreen after every two hours because the sun can penetrate your windows and curtains.

## **Organic buttermilk**

See if you can procure organic buttermilk at home. Now apply this buttermilk on the various age spots on your face and neck. Buttermilk has lactic acid in it, which helps to restore and rejuvenate the skin and make it healthier in the process.

## **Chickpea Paste**

Soak some chickpeas. Boil and mash them and apply the chickpea paste on your face. Leave it on the face for 30 minutes and allow it to dry before washing it off completely.

## **Dandelion**

Dandelion root is said to be very good for the complexion and helps to reduce burn marks and sun spots. Break off the stem of the dandelion root and rub the sap of the root on your face. Pure dandelion sap helps to clear the dead and dried skin cells of the face and leaves your face looking clear and radiant.

## **Rosemary Essential Oil**

Use rosemary essential oil on your face to get rid of age spots. Take some rosemary essential oil and





mix it well with lemon juice and vinegar. Now massage your face well with this mixture. Wash off with warm water later on. Do this twice everyday for best results.

### **Drink Enough Water**

Along with any home remedy for age spots, it is also necessary to drink a lot of water throughout the day. Water will help to flush out the toxins from the body and is good for any or all possible skin problems and ailments.

### **Hydrogen Peroxide**

Hydrogen peroxide is available at home and can be used as a facial bleach to get rid of age spots. Apply diluted hydrogen peroxide directly on your face with the help of a cotton swab. This helps to reduce and lighten the age spots after use for a few weeks.

### **Sandalwood Paste and Rose Water**

Make a paste of sandalwood powder and rose water. Now apply this paste all over your face and leave it on to dry. Once it has dried completely, wash it off. You can do this twice every week for best results.

### **Tomatoes**

Tomatoes are an age old home remedy for treatment of age spots. Rub some ripe tomatoes on your age spots. The juice of a tomato helps to lighten and remove tans, pigmentations and age spots.

### **Eat More of Fruits and Vegetables**

Make sure you eat a diet that is high on fruits and vegetables. The vitamins and minerals found in fruits and vegetables help to restore the natural texture and smoothness of the skin. They also moisturize because they are high in natural water content.

These simple and effective home remedies are very good in removing and eradicating age spots. Besides this, you should exercise and eat healthy. Eliminate unhealthy lifestyle practices like smoking, drinking and taking drugs, which all do untold damage to the skin. Keep stress at bay by practicing yoga and meditation. All of these will work together to give you a clear complexion.



## **Home Remedies For Alcoholism**

Alcohol has been a reality of life for ages and centuries. Alcoholism is not just usage of alcohol, but is alcohol abuse. When you keep taking large doses of alcohol for a long period of time, the body becomes increasingly tolerant to alcohol and also becomes more dependent on alcohol. This alcohol dependence and addiction is what alcoholism is.

In a social sense, alcohol consumption, when accepted by an individual's community, becomes alcoholism when his alcohol consumption levels lead to alcohol dependence, or when his drinking habits and patterns cross the socially acceptable threshold, where alcohol consumption becomes a problem for the individual concerned, for his family, and for his community.

## **Home Remedies For Alcoholism**

### **Grapes for Alcoholism Home Remedies**

When recovering from alcoholism, it is important to get the essential nutrients back to the body, as alcoholism leads to depletion of many natural and essential nutrients that the body needs to function effectively. And the first thing that you would want to think of, when it comes to alcoholism home remedies would be grapes. Grapes are a unique combination of sugar as well as other essential vitamins and nutrients that are essential for the human body.

The body is depleted of many of the essential minerals and nutrients on account of alcoholism, such as magnesium, calcium, potassium as well as Vitamins A and C. And grapes are a storehouse of all these essential vitamins and minerals, which play a key role in the repair and restoration of liver. The liver often becomes a major casualty in alcoholism, and home remedies for alcoholism should target the liver and help in its rejuvenation. Further, alcoholics recovering from their alcohol addiction would have a natural craving for grapes, as grapes form a natural alternative for processed sugar.

While the nutritional properties of grapes help in liver rejuvenation and detoxification, grapes would be a welcome relish for people who are trying hard to come out of the clutches of alcohol. Grapes are the purest forms of alcohol, and consuming grapes would also address the appetite for alcohol, hence acting as an effective home remedy for alcoholism. It is advisable to consume at least three servings of grapes a day, at an interval of 4 or 5 hours each, which could be continued for a period of around 25 to 30 days.

### **Apples for Alcoholism Home Remedies**

Apples are rich sources of nutrients and are excellent for the overall health of the body. More specifically, apples are known for their detoxifying effects, as they are good natural cleansers that



could get rid of accumulated toxins. And apple is particularly good on the liver and helps in detoxifying the liver that is susceptible to damage from the harmful effects of alcohol. This is an effective home remedy for alcoholism, popularly known as the 'liver flush'. Apple juice is high in Malic acid, which is an active ingredient in many sour and tart foods, as it is in unripe fruits.

Malic acid is known to have a positive effect on the liver and on the skin, since it has a tendency to reduce the risk of poisoning by eliminating a build up of toxins in the body. People undergoing a recovery programme for treatment of alcoholism would be encouraged to have as many apples as possible during the first few days of recovery, to help in effective detoxification as well as in the rejuvenation of cells damaged by alcohol.

### **Dates for Alcoholism Home Remedies**

Another effective option in alcoholism home remedies involves dates – not your 'dating' schedule, but date fruits. It has been found that dates reduce the appetite for alcohol and help in overcoming the urge to have alcohol during recovery from alcoholism. The easiest way to make use of this property of dates would be to crush a few dates together, mix them up in water and form a solution. Consume this solution twice a day for about a month's time, to experience a natural drop in the appetite for alcohol.

For best results, rub them together, mix them up in water and soak the solution overnight to form a vital brew that works. Further, dates contain a rich mix of essential minerals and vitamins, ranging from calcium, sulphur, potassium, phosphorus, manganese, magnesium and copper, which are essential for speedy and effective recovery and rejuvenation from alcoholism. Dates have been found to be good on the intestine, as they enrich the intestinal track with essential minerals.

### **Bitter Gourd as Home Remedy for Alcoholism**

Apples and dates apart, moving on to vegetables, the bitter gourd, or the bitter melon, as it is called, is a good way to treat alcoholism. While the bitter taste of the vegetable is often thought to be an antidote to diabetes, it has been found that juice obtained from bitter gourd is a good way to counter alcoholism and its effects. Bitter gourd is an excellent storehouse of vitamins B1, B2, B3 and also Vitamin C, while the vegetable also contains a good resource of minerals such as magnesium, manganese and phosphorus.

Bitter gourd is also a good source of folic acid and is high in dietary fibre. It is also a good source of iron and is found to be high in potassium. On account of all of these properties, bitter gourd juice has been found to repair the liver cells that would have got damaged due to alcoholism, as it rejuvenates the cells and is capable of bringing the liver back to life. As they say, life depends on the liver, and when the liver is back, there is a good possibility of complete recovery from alcoholism.

### **Celery as Alcoholism Home Remedies**



Celery is another gift from nature towards health and wellness for mankind, which comes in handy as an effective home remedy for alcoholism. Celery has been found to be a good source of Vitamin B1, B2, B6 and Vitamin C. The comparatively higher levels of sodium found in celery are adequately compensated by the presence of potassium, which balances the sodium present. The good thing about celery is that it has a set of phytochemicals called coumarins.

These naturally occurring molecules are capable of being transformed into natural anti-coagulants. This property of coumarins has also made it apt to be used by the pharmaceutical industry in the synthesis of anticoagulants. Anticoagulants are essential in stopping blood clotting, a property which is vital in preventing blood clots from forming in the circulatory system. An effective home remedy for alcoholism would be to make a juice of celery, mix it up with an equal quantity of water, and have the juice consumed for a period of one month for the natural properties of celery to kick in.

### **Juice Diet for Alcoholism**

Once the patient has decided to quit alcohol, they may be put on to fluid diet, specifically one that is high in juices for a period of ten days to a couple of weeks. The best home remedies for alcoholism would start with a purification process for the body, wherein the accumulated toxins of the body are relieved of and the body's inherent strength and immune systems are brought back to their original selves. When the body's strength is enhanced and when the toxins are relieved of, the purification of the body would result in lesser craving for alcohol with time. Gradually, the patient could switch over to frequent, light meals rather than heavy meals from a juice diet, which would help the patient get back to normalcy from the grips of alcohol.

### **Buttermilk for Alcoholism**

One of the easiest ways in which you could follow home remedies for alcoholism would be to start consuming a healthy diet that includes a regular dose of buttermilk. Buttermilk is not only taste and refreshing but is high in nutrients and is easy on the stomach. As an easily available drink that is good to taste and easy to digest, and as one of the most effective ways to bring your digestive system back on track, you could use a liberal dose of buttermilk for alcoholism.

### **Bitter gourd Juice and Butter Milk for Alcoholism**

Butter milk has traditionally been known to reduce the level of intoxication, when had after consuming alcohol. And bitter gourd is known for its properties in detoxification of the body, purifying the blood and improving the health of organs in the process. An easy home remedy for alcoholism is to add a few drops of extract of bitter gourd leaves to a glass of butter milk, and consume one or two glasses of the drink a day for a month, as lasting natural remedy for alcoholism, even as it reduces the appetite for alcohol consumption, along with purification of the blood and the organs in the process.



### **Carrot Juice for Alcoholism**

It would be a good idea to go for a drink of carrot juice when there is a spontaneous urge to consume alcohol. It has been observed in patients during the recovery process that carrot juice tends to reduce the urge for alcohol, even as it proves to be a good source of many vitamins and minerals. Of course, you get to derive a host of other benefits too when you substitute alcohol with carrot juice at the right moment.

### **Lemon Juice for Alcoholism**

You may want to take lemon juice with salt and sugar when you feel the urge to consume alcohol. You would love it for its tantalizing taste and its astringent flavours, which would be refreshing on its own even as it takes your mind off alcohol.

### **Orange juice for Alcoholism**

It is a similar case with orange juice as an effective home remedy for alcoholism. Orange is citric and has a bubbly feel to it, while its aroma would distract you from your craving for alcohol. You may want to drink a glass of lime juice and orange juice per day to ensure that you steer clear off your path to alcohol.

### **Reduced sugar as Alcoholism Home Remedies**

There has been some correlation found between sugar consumption and the craving for alcohol. If you can reduce your sugar intake in all kinds of food and drinks that you consume, you may experience lesser appetite for alcohol. Reduced sugar intake also helps in maintaining good health.

Further, it has been observed through scientific research that people who are hypoglycaemic tend to be or have the potential to be associated with alcoholism. When hypoglycaemia results in certain symptoms such as depression, aggressive behaviour, insomnia, irritability and restlessness, there is a good chance that people may resort to, or relapse into, alcoholism, as the case may be.



## **Home Remedies For Allergies**

There are very few people who may not be allergic to substances at all. Human beings are never immune to the environment and there are more things in the environment that may not immediately catch our attention, but they do get to us and cause problems in many ways, minor or major. However, allergies are not the same for everyone.

Two people who are subjected to the same environment with the same substances may not be allergic to them, as one may be comfortable living in the 'allergic' environment, while the other may find it virtually intolerable. And that's what makes treatment for allergies even more intriguing and complex, than even the treatment for some of the more serious disorders.

### **Home Remedies for Allergies**

#### **Rotating Foods as Home Remedies for Allergies**

Expert advice has it that it is best not to stick on to a regular food pattern for a long duration, if your body is susceptible to allergic reactions. The basics of home remedies for allergies would state that you need to keep track of what you have for your food on a daily basis. If you are prone to allergies, you should know what you eat and when you eat. It is by keeping track of all that you eat that you would be able to see when you get allergic reactions, and to which substances you get them.

However, it is advisable that you keep rotating your food on a regular basis, for instance, every four days, and in some cases, up to three weeks. If you have a particular food today, you should put that off for the next four days, before you have it again. Food rotation for allergies is suggested for those who may have a mild or border-line reaction to foods, and may find allergies to food that they eat repeatedly. The rotation diet for allergies is something that has to be tailored to suit individual needs and conditions, and when practised regularly, could well turn out to be a simple and easy home remedy for allergies.

#### **Elimination Diet for Allergies**

It may sound simple an advice to know that you could manage food allergies if you eliminate what causes the allergies in the first place. While that is common logic, what is more complex in the equation is the identification of the particular food that causes allergies. Among the prominent home remedies for allergies would be elimination diet for allergies, with the purpose of finding out what foods your body is allergic to.

The idea is that elimination of the major causes of allergies for a minimum period would lead to the healing of the gastro-intestinal system that would have been affected by the food allergens. Once the



GI system is given the time to heal and rejuvenate, you could start introducing foods one by one. You should consume the introduced food for at least three days before you decide on the food, based on the symptoms that your body shows towards the food in question.

If there are no allergic symptoms found as a result of consumption of the food, you could move on to the next food to challenge it for allergic symptoms. And if you do find allergic symptoms to food, you should stop taking in the food, should wait for your symptoms to be resolved and then move on to the next food. This is an effective home remedy for allergy, where you could eliminate the chief causes of allergies.

## **Nasal Allergy Sprays**

These are another set of simple and effective home remedies for allergies, especially when the symptoms of allergies have been about nasal congestions, obstructions and inflammations. In the case of such allergic reactions, the passage of the mucus from the nasal cavities to the throat areas tends to be affected. As a result, there could be an accumulation of mucus in the sinus cavities.

The idea behind home remedies for allergies in the form of nasal congestions is to decrease the severity of inflammation of the mucus membranes and also cleanse the area off bacterial growth. Also popularly called Neti Pots, the home remedies involve formation of a saline solution using two or three teaspoons of natural salt, preferably rock salt, in a glass of warm water, along with a spoon of baking soda.

You could alter the concentration of the saline depending on how strong you find it to be. You could feel the saline getting down your throat through the nasal passage. Once you have done with it, you could blow your nose gently to clear any blockages. This is an effective home remedy for allergies concerned with the throat and the nasal cavity.

## **Chamomile Tea for Allergies**

A list of natural home remedies for allergies would have to incorporate in it, the chamomile tea, which is known for its anti-allergic properties. Chamomile is an herb, which yields flowers and leaves that can be brewed to form a tea of fragrance and flavour. Chamomile has yielded positive results in experiments on its anti-bacterial effects. Chamomile tea is also known to help boost the effectiveness of the human immune system as well as help fight infections such as the common cold. Chamomile tea has been considered to be natural anti-histamine, which comes in handy in dealing with allergic conditions.

The natural home remedy for allergies could be easily brewed into tea and sweetened with a teaspoon or two of honey. Drinking the chamomile tea is effective in boosting the immune system as well as acting in ways that would reduce the sensitivity of the body to allergens, thus proving useful in



controlling allergic reactions. However, you need to exercise caution if you have experienced allergic reactions to other plants such as daisy, ragweed, chrysanthemum or marigold, as you are likely to have allergic reactions to chamomile tea as well. And it is best to avoid chamomile tea in case of pregnancy.

## **Garlic for Allergies**

For those of you who would love the pungent smell and the strong but stimulating aroma and taste of garlic, there is good news. Your home remedy for allergies starts right with your favourite bulb, the garlic. Garlic has long been held in high esteem for its medicinal and antibacterial properties, and garlic comes in handy as among the effective home remedies for allergies.

Treatment of allergies can be made effective by merely including liberal quantities of garlic in your diet, which would not only enrich the natural flavour of food, but would also build up your immune system. Further, you could perhaps chew a garlic clove if you would like it that way, but not many would have it for their favourites to eat it raw. If you could add it up to spice up your food, make it a point not to avoid it when you eat it. However, as always, you would have to be careful if you are already allergic to garlic, or if you have complaints of blood pressure, as garlic has the property to change blood pressure levels. You may want to have a word with your physician in such cases.

## **Honey for Allergies**

If you have sweet tooth, then, you have reached the right spot. One of the best naturally available foods that would keep you ticking is honey. Honey could be added to many a food and medicinal stuff, and is known to be vital in certain types of treatment for illnesses. In the case of allergies, honey comes in handy as anti-histamine. You could start off the day with a tea spoon of honey, or you could add honey to your breakfast or cereals.

Honey is known for its healing properties externally as well as internally. Regular consumption of natural honey is known to reduce the sensitivity of the body to pollen grains, and hence would reduce allergic reactions of the body to the tiny airborne pollutants. And honey works best when it is taken in raw, without being cooked.

## **Ginger for Allergies**

Have home remedies ever been complete without the crunchy and pungent ginger coming into the picture? Ginger is a root that is loaded with health properties and could make a refreshing difference to your systems if taken regularly. Ginger is effective in any respiratory or digestive disorder, as it could set the systems right working internally and naturally. If you face problems associated with allergic reactions with regard to your digestive system, you could bet your home remedies for allergies on ginger.





Add liberal doses of ginger to food, if you are adept at adapting food the natural way to suit your health needs – ginger works great with stir-fry dish and adds an inimitable flavour to your food. If you love tea, make ginger powder out of the root, add a splash of ginger to your favourite tea and bask in the strong essence that seeps through your throat and your digestive system. Ginger can help you get rid of a bad stomach, and can relieve you of nausea or headaches associated with any allergic reactions of your body.

If you have problems with your sinus, you could do your health a world of good by inhaling ginger oil, which would soothe you and relieve you of blockages in your respiratory tract and make you feel light in your head. You could explore and make your own recipes with ginger and discover the home remedies for allergies hidden inside this humble root.

### **Green Tea for Allergies**

Green Tea has always been associated with health benefits, right from cancer to heart disease prevention as well as acting against the signs of ageing. And this nutritious green tea can be trusted with, when it comes to allergies too. Allergic responses are provided by cell receptors that are responsible for the reactions that you get in your body, and the compound, Methylated epigallocatechin gallate, also known as EGCG, which is present in green tea, is known to block the key cell receptor involved in the allergic reaction. Hence, if you have allergies, you should perhaps giving green tea more than just a cursory thought as home remedy for allergies.

### **Thyme for Allergies**

Thyme is known to have many health benefits, apart from a sharp fragrance that would add to the relish of delicious cuisine. Thyme has long been used for health, right from the ancient days, when Greeks used to add thyme to their baths.

Thyme could be added to most cuisines, towards the end of the cooking process, as adding it early could lead to its being over cooked. You could add thyme to pastas, eggs or to fish recipes and soups. Thyme, with all its goodness of iron, Vitamin K as well as manganese could be among the useful natural remedies for allergies.

### **Fenugreek for Allergies**

Fenugreek is an herb that is renowned for its medicinal properties, and is an effective natural remedy for allergies. Fenugreek has traditionally been used for asthmatic conditions, respiratory problems, as well as health issues associated with sinusitis.



Fenugreek is used in the cure for allergies, on account of its expectorant like properties, where it aids in the passage of mucus without letting it accumulate in sinuses. Fenugreek is also good on the stomach, being useful in curing ulcers, and is an effective natural remedy for allergies. Fenugreek could be added generously to most cuisine and is widely used in many an Indian recipes.

### **Vinegar for Allergies**

If you are serious about your intention to cure allergies, you should get to drink apple cedar vinegar. This age old recipe, used over the years, can help reduce the allergic reactions of the body when had regularly.

### **Vitamin E for Allergies**

A simple and effective cure for allergies is to consume a healthy quantity of Vitamin E. There are many sources of Vitamin E, which, when consumed liberally, acts on the free radicals that wreak havoc in the body. It is this property that makes food stuff high in Vitamin E, a natural cure for allergies symptoms.

### **Water, Honey and Lemon for Allergies**

A simple home remedy for allergies would be to make a tasty mixture of honey and lemon in water. If you love drinking juices, this is not a medication at all, as you could simply enjoy a drink of lemon juice sweetened with natural honey, to form an effective natural remedy for allergies.

### **Recommended Natural & Herbal Products**

- [Khadir – Skin Allergies, Blood Purifier](#)
- [Neem – Skin / System Purifier](#)



## Home Remedies For Anemia

Our blood has a compound called haemoglobin which carries the oxygen through blood to all parts of our body. Anemia is a condition where the blood lacks this compound. Anemia is not a disease and in most cases, it can be corrected with a diet modification.

It can also be a consequence of other medical conditions in the body. This is why it is important to consult a physician in case of chronic and persistent anemic state.

### Causes & Symptoms

Heavy menstrual cycle, iron deficient diet, pregnancy, bleeding and piles are the common causes behind anemia. Paleness of the skin and tongue, headache, irritability, dark circles under the eyes without any reason, fatigue, breathlessness and persistent tiredness are some of the symptoms of this condition.

The low Haemoglobin count prevents a healthy flow of oxygen throughout the body and thus the fatigue and tiredness is experienced. You can treat this disorder right at your home. Including iron rich diet will help you take care of Anemia effectively.

### Types of Anemia

There are 5 types of Anemia. Iron deficiency anemia occurs in cases of low iron levels in the body. A plastic Anemia is the one in which there is reduction or absence of red blood cells. Sickle cell anemia occurs due to abnormal red blood cells and is hereditary in nature and is potentially life threatening. Folic acid deficiency Anemia is caused by lower levels of folic acid in the blood stream. Pernicious anemia takes place when there are low levels of Vitamin B12 in the body.

## Home Remedies For Anemia

### Spin the Spinach

Spinach is the best green leafy vegetable to make up for the low levels of red blood cells in the body. However, the iron in the spinach is not easy for your body to absorb that is why it is important that you consume it with other easily digestible iron rich foods like potatoes and broccoli.

They aid in absorption and ingestion of iron in spinach which in spite of being rich in iron is actually an iron inhibitor.



## **Beat it with Beetroot**

Beetroot is extremely rich source of iron. Its deep red juices are the result of high iron content in it. However, the woody taste of beetroot does not go down well with most of the people especially kids; therefore you may have to try out various different ways of including it in your diet. Beetroot juice with some squeezed lemon is one of the options. Beetroot has a great colour so you can add it while cooking your gravies and rice. It will give a great colour without lending it flavour. Chopping it up with your salad is the easiest way of having it if you like the taste.

## **Zing it up with Lemon**

Vitamin C is the component that helps in absorbing the iron in the body. Lemons are a great source of Vitamin C. You can sprinkle the lemon juice on your salad to give it a tangy flavor.

Lemon juice diluted with some water, honey and a pinch of salt makes for a wonderfully refreshing drink. Have a glass every day for good results. It is believed that best results of the vitamin C in lemon is obtained when you consume it with warm water first thing in the morning.

## **Juice it up with Oranges**

Oranges are also good source of vitamin C. A glass of orange juice a day can level up the iron levels in the body. If you are on iron supplements like pills then consume these pills with the orange juice.

Issue with Vitamin C is that it gets washed away from the body quite fast as it is a water soluble Vitamin. It is not stored in the body and therefore it makes sense to have it along with the iron rich diet and supplements.

## **Mushy Mushrooms**

Morel mushrooms contain the highest percentage of iron amongst the vegetable categories. One cup of these mushrooms are enough to meet your daily iron requirement. However be careful about sourcing them from a trusted source.

Morel mushrooms are a kind of wild mushrooms that are difficult to make out from another type of mushroom which is toxic for the body.

## **Meaty Role**

Red meat is very rich in absorption ready iron. Note that all meats do not have iron in them, it is only the red meat that has high iron content. But red meat is also high on cholesterol and fats and is not recommended on daily basis and in large quantities. However, the iron in the red meat is very easy to



absorb and reaches the blood very fast.

## Apples

Have you ever tried to retain the fresh white milky color of a diced apple as it turns to dirty brown as soon as it is cut? The reason is the iron content in the apple is quite high which get oxidised as soon as it gets exposed to the air.

Apple mash and boiled apple is especially recommended for the toddlers and infant who are beginning their first solid food. Apple juice is also a great option though that does away with most of the fibre.

The best quality of apple when it comes to iron absorption is that it has certain amount of Vitamin C as well. Though it varies amongst the various varieties of apples.

## Banana Boon

Banana is another fruit that has high level of iron in it. Mashed banana is also recommended for infants as their first semi solids. The babies are usually exclusively breast fed for the first six months. The breast milk has iron but not in significant amount which causes the use and depletion of iron stores in the baby. For adults too, banana shake or 2-3 bananas in a day can help recoup the iron deficiency.

## Honey it

Honey has iron, magnesium and zinc in it. The amber color of honey is due to its high iron content. The best property of honey is that it mixes with numerous food items. Therefore, including it in your diet is fairly easy. You can use it in the salads as salad dressing, mix it in juices and water instead of sugar. In fact it is a great substitute for sugar which is quite unhealthy if used in high amounts. Honey also makes for a delicious bread spread. However, refrain from giving it to infants as it can cause serious disease in them which can also turn fatal.

Anemia is a disorder that inflicts most of us at least ones in our lifetime. It is not dangerous if managed properly with good diet and medical consultation to rule out existence of any other serious ailment whose symptom might be appearing in the form of anemia. You can also follow the above mentioned remedies even if you have been put on iron supplement.

## Dietary Changes

Food items that are rich in iron, Vitamin B12 and folic acid can help with anemia. Spinach, potatoes, oranges, lemon, apples, fish, mussels, lamb, cheese and eggs are some of the examples of food items that are good sources of these nutrients.



Including them in your regular meals can help restore the iron and vitamin levels in the body.



## **Home Remedies For Anorexia**

Looking good and fit is a natural desire we all possess. But, when a preoccupation with being thin takes over your normal life, then it leads to a serious eating disorder called anorexia. It can affect men and women of all ages, but is mostly seen in younger women.

When you have anorexia, you are obsessed about losing weight, eat less, use other methods for weight loss and tend to exercise more to lose even more weight. Anorexia can make you severely underweight. It is very damaging to your health and can be fatal if not treated on time.

### **Types of Anorexia Nervosa**

When the weight loss is achieved by drastically cutting down on calories, it is known as restricting type of anorexia. In the purging type of anorexia, the affected individual tries to throw up after every meal or uses laxatives and diuretics to achieve weight loss.

### **Symptoms of Anorexia**

People with anorexia are constantly worried about gaining weight. They eat very less, and even throw up afterwards due to the fear of gaining weight. They are obsessed with exercising and losing weight. Their skin may turn blotchy and dry. Depression, loss of body weight, poor memory, dry mouth and weak bones can be seen in extreme cases. Anorexic women often miss their periods for three or more cycles.

### **Causes of Anorexia**

Looking good and fit is a natural desire we all possess. But, when a preoccupation with being thin takes over your normal life, then it leads to a serious eating disorder called anorexia. It can affect men and women of all ages, but is mostly seen in younger women.

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### **Risk Factors For Anorexia**

People who are more conscious of their looks, or have a negative self image are more at risk of developing this disorder. Those who had eating problems or anxiety disorder during their childhood are also at risk. Societies that promote a culture where being thin is considered good, have more



anorexic individuals.

## **Home Remedies for Anorexia**

### **Apples**

Apples are very beneficial in treating anorexia naturally. They aid digestion by the stimulation of pepsin, an enzyme in the stomach which helps in digesting proteins. So, eat apples every day in order to cure your anorexia. Following it with a glass of milk, in which a teaspoon of honey has been added, is the best natural cure for anorexia.

### **Lemon and Ginger**

Ginger helps to increase your appetite and lemon works as a great system cleanser. Add some lemon juice to equal amount of ginger juice and drink this mixture early in the morning. It cleanses your system thoroughly and improves digestion. Along with these benefits, you will get the necessary dose of vitamin C which will keep your skin and body tissues healthy.

### **Sour Grapes**

Sour grapes are another effective home remedy for anorexia. Take some sour grapes and extract their juice. Add this juice to the dough for bread while kneading it. Consume the bread made this dough for at least fifteen days.

### **Tomatoes**

Anorexia patients benefit a great deal by eating tomatoes. They help to enhance appetite and improve digestion. You can eat them as salad, add them to cooking, or drink tomato soup or juice. Whatever way you consume them, they will benefit you immensely. It will also improve your skin tone and help bring a glow on it.

### **Oranges**

Oranges are very effective in treating anorexia. They stimulate the flow of various digestive juices in your stomach, which improves digestion and increases your appetite. This is very beneficial for you as you do need to eat more to gain back all that healthy weight. Eat one to two oranges daily. Do this for at least a month in order to get the best benefits.

### **Garlic**





Your digestive system takes a hit because of the poor eating habits due to anorexia. Consuming garlic regularly will help cleanse your digestive system and increase appetite. Eat at least three to four garlic cloves every day, preferably raw but you can also add them to soups and dishes.

### **Red Wine**

Red wine helps to treat indigestion and improves your digestion, thus helping you deal with symptoms you are suffering from due to anorexia. It also contains minerals and vitamins which are beneficial for your health. So, enjoy a glass of wine with friends and family every day. Just make sure that you do not overdo it.

### **Black Pepper and Honey**

Take a few pepper corns and make a powder. This is preferable, but you can also get some powdered pepper from a health store. Add a pinch of this powder to a teaspoon of honey and have it on an empty stomach every day. This helps to cleanse your digestive system and improves your appetite, too.

### **Abdominal Massage With Olive Oil**

Severe anorexia may cause pain in the lower back and your abdomen. Massage with some warm olive oil to get relief from the pain. This will also help tone up your abdominal and lower back muscles, which become weaker due to extreme weight loss. A hot water bath after the massage will be very soothing.

### **Drink Plenty of Water**

If you are trying to cure your anorexia with these home remedies, do not forget to add water to this list. You need to drink plenty of water to flush out the toxins from your system. It will also aid your digestion and improve blood circulation. So, drink at least three to four litres of water every day to keep you hydrated and get all the benefits of water.

### **Diet for Anorexia**

A diet of fresh fruits and lots of vegetables works wonders for an anorexia patient. They should eat more of steamed and baked foods, or very lightly cooked food. Oil and fatty foods should be avoided as the digestive system will take its own time to recover, and should not be burdened with heavy and junk foods.

Small meals should be eaten at regular intervals and snacking should be avoided. Eating in a calm and happy atmosphere between friends and family is beneficial, helping relieve stress and improving



the appetite.



## **Home Remedies For Arthritis**

Arthritis is a painful condition that can restrict physical movements and cause immense frustration in people suffering from the condition. Any word that has the suffix 'itis' denotes to inflammation – as in 'arthritis' referring to inflammation of joints.

### **Home Remedies for Arthritis**

#### **Managing Your Mind as the First Treatment of Arthritis**

People who suffer from arthritis tend to be affected as much psychologically, as they are affected physiologically. Restriction of movements where there was freedom of movement earlier means that it is not just the joint that is affected, but also the mind that tends to be disappointed, frustrated and depressed. However, the first thing that people affected with arthritis need to know is that all is not lost.

To be sure, there may not have been a permanent cure for arthritis that has been discovered by science yet – the worst cases have involved joint replacement surgeries, which do have a high success rate. However, surgery could be left as the last resort, as we hope for further advancements in science to bless the people whose joints may have been affected.

But, arthritis is a condition that can be perfectly managed. For one, people affected by arthritis need to rest assured that they are not alone. Arthritis is a very common condition that occurs with age, due to stress, impacts on joints or due to any number of conditions, and which is being managed effectively through proper care and treatment.

The first home remedy for arthritis would be optimism and motivation to manage the condition. If you have arthritis, face the condition, accept the reality, and move on with the assurance that arthritis is being managed by many thousands of people around the world, and the society is much more supportive of people suffering from arthritis. When you decide to fight the condition and manage the disorder, the battle against arthritis is half-won already.

#### **Weight Management for Arthritis**

It is important for arthritis patients to work towards weight loss. You should check out the best weight loss programme that may suit your needs and conditions. When you reduce weight, the pressure on your joints is reduced by that much and with reduced pressures on joints comes less stress that your joints would have to take, especially when the arthritis that you suffer from is that of your knees. The knees take the maximum brunt of pressure as a result of body weight, and weight reduction is an important natural remedy for arthritis.



The catch, in weight management, is that people who suffer from arthritis to their knees would find it difficult to walk, and walking would be suggested as one of the most important activities of your weight reduction programme. However, as has already been mentioned, it is determination that makes the difference to your condition, not your disease. Do not be deterred by your condition and look for other ways and means that would keep you occupied with exercises and diet, helping you in managing your weight.

### **Camphor Oil for Arthritis**

Painful swellings and inflammations respond to heat and massages. And when you use the right oil for your massage, your joints will feel the relief. You could use commonly available camphor oil and mix it with coconut oil as a natural home remedy for arthritis. Warm up the mix to form gentle aromatic massage oil. Use liberal quantities of the oils to give warm massage to the affected areas regularly, preferably before you go to bed, as treatment for arthritis.

### **Hot Salt Massage for Arthritis**

This one is a simple home remedy for arthritis. You need to take a handful of rock salt and heat it up till it gets as warm as you can possibly bear. Wrap up the hot rock salt in a clean piece of cloth. It should be so hot that you could place it in your knees, but not for a very long duration. Salt is generally used as an anti-septic in many conditions, and it would come in handy towards alleviating pain in the case of inflammation of joints as well, proving to be a useful home remedy for arthritis. Keep pressing the warm piece of cloth around the swollen and painful joints to have instant relief from pain and inflammation.

### **Bathing in the Sea for Arthritis**

It is on account of the anti-septic properties of salt that it is often suggested that bathing in sea water is an effective natural remedy for arthritis. Water in itself has healing power – when you have pain in your legs, if you can manage a walk along the river or in the seashore, as you wade through the rift of water or through the waves for a few minutes, you would find instant relief to your pain.

In the case of arthritis, you could spend some time in the sea so that the affected areas are caressed by the gentle rocking movements of the sea waves laden with healthy salt, which could act as a natural remedy for arthritis. Of course, if you would rather have your self-management of arthritis done at home, you could always resort to a mix of warm camphor oil massage, followed by another dose of heated rock salt massage as home remedy for arthritis.

### **Castor Oil for Arthritis**

This highly viscous oil is an ideal home remedy for arthritis. Apart from the host of uses that this gives,



castor oil could also be used for warm massages of the affected areas in arthritis. Adequately heated castor oil should be applied gently on affected joints and massaged, for an effective home remedy for arthritis.

### Water Enriched with Potato

While you could deal with the inflammation externally, it is also important to have your arthritis treated internally, for which, you do not have to reach out any farther than your nearest departmental store. Go for fresh potatoes, cut them into slices without peeling off the skin, and soak it in water. If you can leave this overnight, the goodness of potatoes would have seeped into the water, in the form of beta-carotene and polyphenols.

These are anti-inflammatory and are effective anti-oxidants, which, when taken internally, would act as effective deterrents of pain and inflammation, and as useful home remedies for arthritis. Do make it a point to couple this treatment with external massages.

### Garlic

Besides being used as a flavoring agent in food, garlic has been in use for treating arthritis, since time immemorial for its anti-inflammatory and antioxidant properties. Rich in selenium, it serves as a precursor for selenoproteins, which are potent antioxidant enzymes and its sulphur content reduces the inflammation of joints.

It is particularly beneficial to treat osteoarthritis, since sulphur also serves as a raw material for the production of collagen required for the repair of cartilage, a tissue which protects the joints from excessive damage.

### Flax Seed Oil

Flaxseed oil is known to relief chronic pain associated with arthritis, through the presence of anti-inflammatory agents like alpha-linolenic acid (ALA), a compound related to omega-3 fatty acids and powerful antioxidants called lignans that flush out free radicals responsible for causing inflammation in the joints.

It is not suitable for cooking, frying or baking, since heat can distort the molecular structure of flaxseed oil, rendering it less effective in treating arthritis. One to two tablespoons of flaxseed oil can, however, be added to smoothies made using fresh fruits or as toppings on breakfast cereals, salad dressings, oatmeal, pancakes, etc. Patients with bleeding disorders or those who are taking anticoagulants should use very little amounts of flaxseed oil, since the omega-3 fatty acids that it contains can enhance the thinning of the blood thus, leading to excessive bleeding.



## **Turmeric Powder for Arthritis**

Turmeric is definitely the wonder drug that could have a deep impact on our overall health, with immense properties that come in handy in a variety of ailments. Turmeric comes to the fore when it comes to arthritis too, as you could get some turmeric powder mixed in warm water to be drunk regularly to be an effective pain relief.

Turmeric has long been known in Indian and Chinese traditional systems of medicine as a power anti-inflammatory agent, which could prove beneficial in the treatment and management of arthritis. You could also make a paste of turmeric powder with coconut oil and apply the mixture on the affected areas, on the skin along the affected joints, for effective pain relief and as a useful home remedy for arthritis.

## **Ginger for Arthritis**

Turmeric, as you just saw, is an anti-inflammatory agent that would come in handy in arthritis and related pain. In a similar vein, ginger is also a very powerful anti-inflammatory agent on account of its anti-inflammatory compound called gingerol. Regular consumption of ginger and addition of ginger powder to food and drinks is a good way to promote an active intake of the anti-inflammatory agent.

## **Heat And Cold Therapy**

The application of either heat or ice to the affected area depends on the type of arthritis, a patient is suffering from. Heat dilates blood vessels, thereby stimulating blood circulation and reducing muscle spasms and stiffness in the joints of patients suffering from osteoarthritis. Application of dry heat like hot water bags, heating pads and moist heat like steam or warm baths can also alter the sensation of joint pain.

On the other hand, ice causes the constriction of blood vessels and hence, can be used to treat swelling and inflammation that results from an injury accompanied by the leakage of blood from ruptured capillaries. This makes ice suitable for the treatment of rheumatoid arthritis, which is accompanied by inflammation, soreness, pain, burning sensation and swelling in the joint lining.

## **Foods to Avoid in Arthritis**

Just like there is a list of foods and nutrients that are essential, you would benefit if you avoid consuming certain foods to prevent the conditions from deteriorating, as you try promoting joint health using home remedies for arthritis. You might want to look into fats and fried food consumption patterns to begin with.

While they may not have much to do with arthritis as such in a direct sense, they play a vital role in



arthritis management through body weight – the more fatty, fried and junk food you consume, the more your chances are of putting on additional weight, which might be detrimental to arthritis management and might come in the way of home remedies for arthritis.

Gluten is one more food substance that you would be better off avoiding, since gluten, found in wheat products, is known to trigger some kind of inflammatory response to the immune system, which might not be good for people suffering from rheumatoid arthritis.

ilk and milk products might also not be in line with home remedies for arthritis, though it might be advisable to avoid dairy products for a week or two to see the kind of response that it produces, before taking a decision in complete avoidance of dairy products.

## **Recommended Natural & Herbal Products**

- [Arthcare Oil](#)
- [Arthcare Capsules](#)

## Home Remedies For Asthma

Asthma is an acute problem associated with the respiratory system, where breathing becomes an effort. Asthma is the contraction of the air passage, which would normally let air in and out freely, so that we would not even realise our breathing. In the case of asthma, normal breathing becomes as exerted as one would breathe after running for a few hundred yards, gasping and panting vigorously.

### **Home Remedies for Asthma**

#### Turmeric and Pepper for Asthma

Food tastes better, and is healthy, with turmeric added to it. There are loads of benefits that this yellow root could offer to mankind. You could take a bit of help from turmeric in your home remedy for asthma. Add turmeric powder to warm milk and sip into it slowly, enjoying and experiencing the milk as it soothes the mucous membranes around your throat. This is one of the most effective home remedies for asthma. You could also use a spoon of pepper, ground into pieces and mixed with the milk along with turmeric powder. You could ask for instant relief from asthma with this soothing composition.

#### Black Pepper and Ginger for Asthma

Another home remedy for asthma would be a mix of one gram of black pepper, again, with one gram of ginger powder. You could mix them up in a teaspoon of honey and sip through the syrup. Ginger is good for the throat and buccal cavity region, even as black pepper would soothe the inner linings of the throat and provide relief from acute asthma attacks.

#### Honey for Asthma

Honey is an effective ingredient in many natural and homemade remedies – you could use honey as the base for a syrup of olive oil, milk and garlic. Heat the mixture and drink it in mornings, to provide instant relief for asthma – you could continue this treatment for a period as a useful home remedy for asthma. In fact, honey is so good for health, and specifically for asthmatic conditions, that it is said to give relief to people suffering from asthma, even as they inhale the air that has the essence of honey in it. If you could hold an open bottle of honey close to your nostrils and inhale along the bottle, it could provide relief and let you breathe more freely.

#### Fenugreek for Asthma

Ginger and honey do make a good combination when used with fenugreek seeds. Boil a glass of water with fenugreek seeds, and when it has come to boil, add the mixture of ginger powder and





honey, one teaspoon each. Mix them well, sip and relax to the essence of ginger and fenugreek to make a difference, as an effective home remedy for asthma.

### **Drumstick Leaves Soup for Asthma**

If you like soups, there is nothing like indulging on a glass of drumstick leaf soup. Take a handful of drumstick leaves, add them to a glass of water, and bring to boil. Add salt and pepper to taste. When it boils for a few minutes, leave it till the essence of drumstick leaves soak into the hot soup. Sip through it when it is hot enough to drink and create a soothing sensation to your throat. Drumstick leaves and the soup made of them are considered good, not just for asthma but also for bringing blood pressure under control.

### **Linseed Oil for Asthma**

There are also a few natural expectorants that could come in handy towards being good home remedies for asthma. For instance, linseed is considered an effective expectorant, when around 20 grams of linseed are boiled in water and had at regular intervals.

### **Dry Safflower Seeds for Asthma**

Similarly, dry safflower seeds could be powdered, mixed with a tablespoon of honey and had twice or thrice a day. This helps as an expectorant, where the sputum is let flow off the buccal cavity and could be released for ease of breathing. Red clover is another herb that could serve as an expectorant, being one of the most sought after home remedies for asthma.

### **Red Clover for asthma**

Red clover is considered a blood purifier and is also thought of as a remedy for cancer. Red clover could be infused in tea and consumed as a soothing home remedy for asthma, given its expectorant properties. Red clover is considered a diuretic, known to relieve the body of excessive fluid accumulation, and clearing the lungs of mucous accumulation, proving to be an effective home remedy for asthma.

### **Thyme for Asthma**

Another herb with properties of expectorant is the Thyme, a source of iron and used in a wide variety of cuisines around the world. Known for its strong flavour, thyme is also considered to have anti-bacterial properties, and is generally used as a home remedy for asthma and other respiratory disorders. Thyme could be added up and had as tea, which would clear your respiratory system of sputum and relieve your bronchial passages. Thyme is widely used in a variety of throat infections, coughs and allergic conditions.



## **Hot Water for Asthma**

Taking bath in warm water is a natural remedy for asthma. Further, inhalation of steam is also a good home remedy for asthma, clearing the air passages and letting any accumulated phlegm out of the system.

## **Lemon Juice for Asthma**

There is much goodness left in the tiny fruit of lemon for its size, and its healing powers in the case of asthma is just one more of the amazing health benefits of lemon. Lemon is high in Vitamin C along with potassium, calcium, phosphorous and magnesium, and could come in handy in many cases of throat infections, cutting through the phlegm in the mucous membranes of the respiratory tract, providing good relief for breathing. However, you may not want to add sugar and destroy the goodness that natural lemonade could give you as a perfect home remedy for asthma.

## **Basil and Turmeric for Asthma**

Basil leaves have long been looked upon as blessings for humankind from a host of ailments; basil leaves could be shredded and boiled in water for fifteen minutes, with a little bit of turmeric powder. Turmeric is known to come in handy in many infectious conditions, and in combination with basil, proves to be an effective home remedy for asthma.

## **Basil and Honey for Asthma**

One more useful home remedy for asthma would be to go for basil leaves, the tender green leaves that are full of medicinal properties, and mix them up with honey, mash them and consume the paste every morning. The medicinal properties of basil leaves combine with the anti-inflammatory and anti-bacterial properties of honey to provide relief from asthma.

## **Turmeric and Honey for Asthma**

Turmeric, with its anti-bacterial properties and honey, with its anti-bacterial and anti-inflammatory properties, tend to be useful home remedies for asthma, when you mix a teaspoon of turmeric powder with a tablespoon of honey, make a paste of it, and consume it for effective asthma relief.

## **Milk and Garlic Cloves for Asthma**

While it is generally suggested that milk and milk products be avoided since they may not be easily digested, you could have this recipe as effective home remedies for asthma. Add a clove of garlic to a glass of milk and bring it to boil. After it has boiled, you may remove the clove and drink the milk for



good relief from asthma.

### **Garlic and Honey for Asthma**

Garlic has its own set of medicinal properties, as does honey. A combination of the two does well as home remedy for asthma – you need to add a few garlic cloves and a tablespoon of honey to water and bring it to boil. Once it has boiled for a few minutes, you could filter off the garlic cloves and consume the mixture as home remedy for asthma.

### **Lavender Oil for Asthma**

Lavender oil has a pleasant aromatic smell, but people prone to asthma attacks first need to ensure that the fragrance of lavender oil does not aggravate their asthmatic condition. If the aroma agrees with your system, you could infuse lavender oil on to water and bring it to oil in a kettle, as you bend over the steaming liquid and inhale deeply. You could prevent the vapours from escaping by having a piece of cloth comfortably placed over your head as you bend over, as a home remedy for asthma.

### **Mustard Oil and Camphor for Asthma**

Mustard oil is known for its health benefits, improving immunity in people prone to asthma attacks. You could add a few bits of camphor to mustard oil and heat it up, and apply the warm oil on to the back and chest of people suffering from asthma as useful home remedies for asthma.



## Home Remedies For Baby Cold

When your baby catches cold, things turn into a mess and his/her sleep pattern is disturbed with constant running nose, fever and general malaise. This can cause you to lose your cool as well.

Most mothers start fretting when their babies fall sick and even for a simple cold, they get a doctor's prescription to be on the safe side. This is in fact not needed as there are several safe and effective home remedies that can be used for treating cold in babies. These remedies are gentle on their immune system and ease the discomfort naturally without the aid of medications.

### **Home Remedies For Baby Cold**

#### Honey

Honey is a mild antiseptic and a simple remedy that can treat cold and throat irritation. Take a feeding bottle and fill half of it with warm water. Add half teaspoon honey and let the baby drink this.

Honey is not recommended for babies who are less than one year as it can contain botulinum spores that may be dangerous. Giving honey twice a day can help in keeping the symptoms down and also for treating the cold effectively.

#### Steam

Dry air can aggravate the symptoms of cold and also cause throat irritation as well, making the cold worse, especially at night and preventing the baby from sleeping. Steaming is a great way to keep the moisture content in the air up. You can use a steamer for this purpose so that the air remains moist. Steaming can also help soothe the throat and loosen up the phlegm that could be making your baby difficult to breathe. Another way to apply steam is to open a hot tap and keep the doors and windows closed so that the steam enters the baby's respiratory system and eases the breathing.

#### Saline Drops

Saline drops will help in cleansing the nasal passages of the baby and removing the trapped and hardened mucus that could be causing your baby difficulty in breathing. Take 1/4th teaspoon salt and add to one cup of water. Using a bulb syringe, slowly add a few drops into one nose and remove through the other with a bulb syringe. Repeat until the nasal passages are clear enough for the baby to breathe.

#### Ginger

Ginger is an effective remedy for treating cough, cold and congestion. It helps in increasing the



circulation of blood and also in warming up the body so that the phlegm is melted and expelled out. For babies, make a tea by adding five grams of ginger to one cup of boiling water. Steep for ten minutes and then add half a teaspoon of honey. When it reaches room temperature, fill half a bottle and give it to them. Ginger is very effective in treating colds in babies.

## Eucalyptus Oil

Eucalyptus is a very strong remedy that can immediately remove all the nasal blockages and ease the breathing trouble. Add a drop of eucalyptus oil to a dispenser and let the baby inhale the fumes for a few minutes. This is an excellent remedy for treating cold, chest congestion and cough in babies.

## Vapo Rub

Rubbing vaporub on the chest and is another effective way by which you can relieve the baby of the cold. Vapo rubs that can be administered on babies are available now and these are safe for use even for babies as small as three months.

Remember to avoid all vapo rubs with camphor and menthol while treating babies as they are not recommended for children younger than 2 years. Vapo rubs give a cooling effect to the body and though they actually do not remove congestion, they make the baby feel much better with their cooling action.

## Garlic

Garlic is an antibacterial agent and helps in destroying the bacteria that could have caused the cold. A tea can be prepared with garlic by adding chopped pieces of 2 cloves of garlic to one of boiling water. Steep for ten minutes and allow it to come to room temperature. This can be given to the baby in small quantities all throughout the day. Add a teaspoon of honey if your baby is older than six months.

## Lady Finger

The mucilaginous nature of lady fingers have a pro biotic effect on the baby's body and helps in removing the bacteria and also the mucous from the body and also removing throat irritation and inflammation. Take one lady finger and slice to smaller pieces. Boil with one cup of water and steep for ten minutes. Allow to come to room temperature give in small amounts to the baby.

## Turmeric

A pinch of turmeric can be added to the regular fruit juice or milk or even warm water that your baby drinks and this can be given twice daily to remove cold. Turmeric helps in removing inflammation, bacteria and also strengthens the immune system of the baby in fighting off the infection.



## Lemon

Lemon is a mild antibacterial and antiseptic that can be used for treating cold. Lemon is also rich in vitamin C that comes of help for developing immunity. Take the juice of half a lemon and add a teaspoon of honey for older babies. Give it in small quantities by adding adequate amounts of water. This is a simple yet very effective treatment that can be given for cold in babies.

## Chamomile

A mild tea prepared from chamomile can help relieve the inflammation in the throat and also soothe the throat of babies. Take a chamomile tea bag and boil with two cups of water. Steep for ten minutes and this diluted tea can be given to babies older than six months. Chicken Soup.or babies who are six months and up, giving chicken soup is a way to treat their cold fast and relieve the symptoms. It Is known to relieve the symptoms of cold, reduce fever and inflammation and take care of aches and pains as well. Chicken soup that comes canned too is known to give effective results for cold.



## **Home Remedies For Back Ache**

Back ache is one of the most widespread health problems that not only affects the elderly or middle aged people, but also young people who are burdened with long working hours or lead a very busy lifestyle. The pain may become unbearable and excruciating at times and restrict the sufferer from bending forward or sideward.

The people who are overweight are more prone to backache. Many women suffer from back ache during their pregnancy. Back ache can interfere with your daily activities. There can be different causes of back pain including accident, injury, strained ligament, poor posture and disc disorder etc. Most bouts of back pain can be treated at home using a few simple home remedies.

### **Home Remedy for Backache**

#### **Stay Active**

Most of us think that bed rest for several days may be helpful for curing back ache. But most doctors today encourage back pain sufferers to get up and move around as soon as possible. Lying down or sitting constantly in the same position can not only hinder the relief process but worsen the condition.

Consistent yet slow movements like walking and stretching can speed up the relief process. If you feel like resting your aching back and want to lie down, lie down straight on your back, keeping the knees on two pillows. However, make sure to get up as soon as you can to avoid weakening of the back muscles.

#### **Basil leaves**

Basil leaves is another great remedy for curing back ache. Boil 10-12 basil leaves in a cup of water till it is reduced to half. Let the water cool down. Add a pinch of salt and drink to get relief from back ache.

#### **Ice pack**

Application of ice pack on the aching back can be helpful to minimize inflammation and ease discomfort. Ice pack will decrease the nerves' ability to send pain signals to the brain. For this therapy, place a thin towel on your back. Take some ice cubes and put them in a plastic bag. Now apply the ice pack over this towel for twenty minutes and then remove it. After a gap of 30 minutes, repeat this process. This process will bring relief from pain and inflammation.

#### **Massage Therapy**



To get relief from the back ache, massage any of these oils on your back. Turpentine oil has been found effective for curing back ache. Massage of mint oil can also bring relief from pain and inflammation.

You can also use garlic oil or eucalyptus oil to massage the back and find relief from pain and inflammation. Garlic oil can be prepared by frying 10-15 garlic cloves in 50 ml sesame, mustard or coconut oil.

## **Hot Bath**

If cold therapy is not bringing relief to your aching back, try hot bath to reduce pain and inflammation. Soak your body in a tub full of hot water for half an hour. Heat will relax the muscles by increasing their elasticity and ease discomfort.

Pregnant woman should not use this remedy; instead they can apply heat to the back using an infrared lamp or hot water bottle for getting instant relief from back ache. Another way to apply heat on your back is to soak a towel in hot salted water. Squeeze the towel and apply on your back.

## **Honey**

Every morning, drink a glass of warm water on empty stomach after mixing 1 tsp honey to get relief from back ache.

## **Vitamin C**

Deficiency of vitamin C can make one prone to back ache. So, include vitamin C rich food in you diet. Eat all citrus fruits, tomatoes, strawberries, blueberries, broccoli etc.

## **Recommended Natural & Herbal Products**

- [\*\*Arthcare Oil For BackAche\*\*](#)





## **Home Remedies For Bacterial Infections**

Bacterial infections are normally treated with antibiotics and relief attained through the completion of the course. As various types of bacteria affect one or the other part of the body all the time, this is a very common occurrence all throughout our lives.

There are several simple yet very strong home remedies that can be used for treating bacterial infections of the body. Here are a few of them that can be tried at home if the infection is mild to moderate.

### **Home Remedies For Bacterial Infections**

#### **Probiotics**

Probiotics work on the body by increasing the amount of good bacteria and reducing the functioning of the bad bacteria, thereby giving the body strength and immunity to fight off the bacterial infection. The best way to attain this is to take two cups of fresh yoghurt with live culture so that the bad bacteria can be naturally discouraged.

Probiotic supplements too are available for consumptions. Probiotics are best for treating urinary tract infections, bacterial vaginosis, bacterial skin infections, intestinal and stomach infections etc.

#### **Aloe Vera**

A natural anti inflammatory agent, which is also tremendously antibacterial as well, aloe Vera has many medicinal and healing properties apart from cooling the body and increasing its immunity.

Aloe gel that is extracted from the aloe plant can be used for treating internal infections, bacterial skin infections, vaginal and urinary tract infections etc. Aloe gel can be applied directly on the affected area and a quarter cup of the juice consumed as well for treating bacterial skin infections.

#### **Turmeric**

Turmeric is a powerful herb which is known to even reduce and treat cancerous tumours. The curcumin, which is present in turmeric, has antibacterial and anti-inflammatory properties along with its high antioxidant content.

Turmeric powder can be consumed along with a glass of warm milk or water for respiratory infections. Turmeric can also be used as a preventive for many bacterial infections of the body by adding it in plenty in your diet or taking curcumin supplements or a teaspoon of turmeric every day.



## Apple Cider Vinegar

Another anti bacterial and anti-inflammatory agent that can help treat a host of bacterial infections of the body, apple cider vinegar works by maintaining or correcting the pH balance or imbalance and preventing bacterial action from sustaining in the area of infection.

Apple cider vinegar can be applied directly on the skin or diluted and applied if the skin is sensitive. For internal infections, a teaspoon of apple cider vinegar can be diluted with a cup of water and taken as per the directions given by your herbalist.

## Tea Tree Oil

This strong essential oil is more anti viral than antibacterial. However, it is quite effective in treating a host of skin and vaginal infections caused by bacteria. Tea tree oil can be applied on the skin or smeared inside the vaginal canal for destroying bacterial action. It must always be diluted adequately to avoid burning of the skin. As the oil is very potent, it can be used for treating and controlling even chronic infections as well without any side effects.

## Garlic

This simple solution from the kitchen is one of the most potent and easily available home remedies for treating a number of bacterial and fungal infections of the body. Taking 4-5 cloves of garlic a day is one of the best ways of keep away from all kinds of bacterial attack and also treat bacterial infections of the skin, respiratory, digestive and urinary tract.

Garlic can be consumed in many ways. The best way, however is to chew them and swallow them raw. Capsules are available as well, even though they may not be as effective. Garlic tea too can be prepared after boiling a few cloves of garlic and steeping it for ten minutes.

## Ginger

Ginger is used for treating respiratory and stomach infections caused by bacteria. Ginger heats up the body and encourages blood circulation, thereby reducing the action of bacteria in the body. Ginger tea can be consumed 3-4 times a day to treat respiratory infections. Ginger extract can also be used for massaging on the affected areas of the body for treating bacterial infections and also for controlling pain. Take a stalk of ginger every day to prevent infections of the body.

## Honey

This mild antiseptic agent helps in treating skin and respiratory infections caused by bacteria and also for healing and soothing the affected area. Organic honey can be consumed along with ginger tea or



along with a glass of warm water too sooth irritated throats due to cough. Honey can be used for inhalation as well for opening up blocked nose.

Apply honey on the skin to initiate healing and also to prevent bad bacteria from entering the open wound or through cuts and scratches on the skin.

### **Baking Soda**

Baking soda helps in regulating the pH balance of the skin and body and hence a great treatment for many bacterial infections of the skin, intestinal tract, respiratory infections etc. Half a teaspoon of baking soda can be consumed along with a glass of water for treating stomach infections and respiratory infections.

Baking soda can be used as a soak and rinsing agent as well by adding a cup of the powder to a tub of warm water and soaking for twenty minutes every day. Apply a paste of baking soda and water for treating skin infections.

### **Lemon**

Lemon too can be used for treating bacterial infections of the body, especially respiratory infections. Lemon helps in reducing mucus build up inside the respiratory tract and this will in turn remove bacteria, which can get trapped inside the mucous and cause infections.

### **Cranberry Juice**

An excellent remedy for treating vaginal and urinary tract infections, cranberry juice can be used safely even by pregnant women for treating bacterial infections. Fresh cranberry juice that is not canned and sweetened can be take several times a day to overpower the bacteria in the body.



## **Home Remedies For Bad Breath**

Among the many put offs that people would be glad to be without, bad breath is one that would rank high in the realms of social life. Technically called Halitosis, it is one of the most prominent reasons that people are seeking dental help for.

### **Home Remedies For Bad Breath**

#### **Brushing your Teeth**

It might have been a habit taught to you by elders when you were still rebellious and carefree, which you might have forgotten completely till you developed complaints of bad breath. However, if you can get back to your basics and set things straight at the elementary level, brushing your teeth should be the first home remedy for bad breath that you should resort to.

Remember that food particles that stick between your teeth, as well as other candy or chocolates that would smear your teeth in sugar, are natural recipes for bad breath, and developing a regular habit of brushing your teeth twice a day would be among the prime home remedies for bad breath. It would not only aid as a prevention tool and cure for bad breath, but would also ensure that your teeth and gums remain healthy for a long while to come.

#### **Rinsing your Mouth**

So, what could you do when you do not have a tooth brush and paste handy and would want to minimise scope for bad breath? Home remedy for bad breath doesn't get any simpler, given that you could eliminate many of the food particles that could stay on in your mouth and cause embarrassing bad breath just by rinsing your mouth thoroughly. Take a few sips of water, swish it all around your mouth and spit it out for fresh feel especially after your meals.

#### **Carry a Toothbrush**

That doesn't cost much to do either, given that all it takes is some mindful action on your part to carry a toothbrush and mini-toothpaste with you, especially when you know you have an appointment, a meeting or a date waiting for you.

#### **Salt Water**

Salt water is among one of the universal home remedies for bad breath and for a lot of other ailments. In the case of bad breath, you need to gargle warm water, with adequate and tolerable amount of rock salt, added to it. Salt has the inherent capacity to nullify bacteria and to sterilise the area that it is



exposed to. Regular gargling of warm water and salt every morning immediately after you brush your teeth and every night before you go to bed is a useful and effective home remedy for bad breath.

## **Mint Leaves**

Mint generally refers to spearmint, which is a flowering plant with a host of health benefits. Mint has traditionally been used to treat infections in the chest as well as of the stomach, while mint leaves have been powdered and used in the ancient ages to whiten teeth. Mint has a fresh aroma, which would come in handy as an effective home remedy for bad breath. All you need to do is to have a bunch of fresh mint leaves at hand, which you could keep chewing, especially after meals.

## **Parsley**

Another herb that is widely cultivated and is used in cuisine as a spice and as a vegetable is parsley. Parsley leaves are known for their strong flavour and are used as a garnish on food, and is widely used as key ingredients in soups and sauces. And more importantly, this tasty herb is a medicinal plant and is known for its anti-microbial properties, with one of the chemicals found in it, Apigenin, having been known for its anti-cancer properties.

Like mint leaves, chewing a bunch of parsley leaves regularly, or after you have had strong smelling food such as garlic or onion, is an effective home remedy for bad breath. However, it is advisable to use caution in the case of pregnant women, as consumption of parsley in large quantities is not advised for pregnant ladies.

## **Yoghurt and Buttermilk**

Yoghurt, and its dilute cousin, butter milk, are known widely for their goodness for the health and the digestive system. They are known for their inherent cooling properties and are good in keeping the natural balance of the body intact, according to the Ayurvedic forms of medicine.

Since bad breath is not one that emanates from the mouth alone, and since the reasons for bad breath could lie deeper in the body, perhaps in the gastro-intestinal tract and in the digestive system, having large quantities of yoghurt or consuming liberal quantities of butter milk on a daily basis is thought to be a good home remedy for bad breath.

## **Fenugreek Seed Tea**

Another natural remedy for bad breath is to consume Fenugreek seed tea on a regular basis. Fenugreek seeds are available as whole dried seeds as well as powder, which are known for their health benefits in aiding digestion and in treating digestion problems. A spoonful of Fenugreek seeds could be soaked in two cups of water for a few minutes and can be heated to bring to boil. The blend



could be strained and the decoction could be consumed as fenugreek seeds, which is a handy home remedy for bad breath.

## Clove

A simple home remedy for bad breath would be to chew a piece of clove. Clove is known for its strong flavour and has been extensively used in Indian cuisine for its aroma as well as health benefits of clove. Of course, not everybody may readily agree with the taste and flavour of clove, but it is a good home remedy for bad breath nevertheless. One of the compounds found in clove extract, Eugenol, is known to have powerful antibacterial and antifungal properties and is an antioxidant.

## Lemon

Another natural remedy for bad breath features lemon, the commonly available citrus that is refreshing and enticing. As mentioned earlier, you could drink Fenugreek tea for bad breath, and you could also add a tinge of lemon for taste and freshness, even as lemon acts in eliminating bad breath. Another way to use lemon as a home remedy for bad breath is to squeeze lemon onto a glass of water, mix it well and gargle it for half a minute, as an instant cure for bad breath. In other cases, drinking plain lemon juice with a dash of salt added to taste would act as a useful home remedy for bad breath.

## Cardamom

Another natural remedy for bad breath is cardamom, the herbal spice known for its strong and peculiar aroma. Cardamom is widely used in cooking, to add flavour and fragrance to dishes, and it has widely accepted medicinal properties. For one, cardamom is good on the stomach as it aids digestion, and provides active relief from flatulence and gas accumulation in the system.

Further, cardamom's health benefits also include promotion of blood circulation to the lungs. Cardamom could be held in the mouth and chewed gently for freshness of breath, as the fine aroma sweetens your mouth and acts as an effective home remedy for bad breath.

## Fennel Seeds

A simple home remedy for bad breath or halitosis is in the form of even simpler looking seeds called fennel seeds. Fennel seeds could sometimes be found at the checkout counters at eateries, since they have the peculiar property of sweetening the breath, especially after meals.

Fennel seeds are also known for their ability to relieve gas locked up in the digestive system, prove to be a good remedy for flatulence, cure sour throat, and turn out to be a useful home remedy for bad breath. You could munch a teaspoon or two of fennel seeds after food or when you feel like freshening



you breath, for good results.

## **Fennel Tea**

Given the goodness of fennel seeds on the digestive system and its usefulness in treating bad breath, you could also opt for fennel tea, where you could heat up a few fennel seeds in water, filter out the seeds and use the solution as herbal mouthwash, turning out to be an effective home remedy for bad breath.

## **Recommended Natural & Herbal Products**

- [Holy Basil For Bad Breath](#)



## **Home Remedies For Bed Wetting**

Bedwetting is one of the common problems prevalent in small children, where the child unintentionally passes urine in the bed, during sleep, mostly at night, when sleep duration are of long hours. The main reason could be the small bladder size in children that is unable to hold urine throughout the night.

The other reason could be certain fear or hereditary problem. Whatever be the case, parents take every effort to get the problem solved as soon as possible. There are many natural solutions that can relief the child from bedwetting. The bedwetting habit of children will not vanish away within a few days of manifesting the home remedies, but will require a more consistent and longer approach.

Hence, parents need to be more patient and follow the remedies continually, for two months to expect the change. In addition, children should be always taught about the bathroom habits and ensure they never go to bed, without visiting the toilet, just before the sleep.

## **Home Remedies For Bedwetting**

### **Cinnamon**

Children can be made to chew one cinnamon bark in a day to overcome the bedwetting trouble at night. It is known to be the simplest remedy that keeps the body warm, thereby preventing urination while asleep. Alternatively, every morning cinnamon powder along with little sugar can be sprinkled over a regular buttered toast and given as breakfast to the child.

### **Jaggery**

Jaggery has a heating effect on the body, keeping body warm from within thus helps to overcome the bedwetting problem. Give a small piece of jaggery every morning with a cup of warm milk and then, post an hour offer roasted sesame seeds and sesame seeds with a little rock salt to the child. Consuming it in above manner for two months will cure the problem.

### **Avoid Caffeine Foods**

Caffeine stimulates urination and therefore foods and beverages containing caffeine like chocolate or cola drinks should be avoided in the evening. This will reduce the bedwetting trouble to a great deal.

### **Gooseberry**

Amla, the Indian gooseberry is successfully used to treat the bedwetting problems. Giving one





teaspoon of amla pulp with a pinch of powdered black pepper to the child, before going to bed helps to cure bedwetting issue. Alternatively, prepare a mixture of cumin seeds, sugar candy and amla powder for the child and offer it twice a day to achieve positive results.

### **Cranberry Juice**

Cranberry juice is beneficial for the bladder, kidneys and the urinary tract. It helps in strengthening of urinary tract linings that can withhold urine for long hours. On contrary to all other fluids that should never be offered to child before going to bed, fresh cranberry juice is recommended to be given an hour before the sleep time, to reduce and prevent bedwetting.

### **Raisins and Walnuts**

Offer the tasty snacks of walnut and raisins to child as these together make a tasty remedy for reducing bedwetting symptoms that children will lovingly have. Give one tablespoon of raisins and two tablespoon of walnuts to the child before bed time, to treat the bedwetting condition. Continue this remedial option for at least a few months, till the problem completely subsides.

### **Double Voiding Before Sleep**

Encourage the child to completely empty his/her bladder by going twice to the toilet, once at the bedtime routine and one more time, just before getting to sleep. Encourage to use toilet at night also, if required. Help the child with toilet at night till he/she can do it themselves.

### **Mustard Powder**

Half a teaspoon of dry mustard seed powder with one cup of a little warm milk should be given to the child, one hour before the sleep. Mustard seeds are very effective in curing all urinary problems. Alternatively, a handful of mustard seeds can be given to child for eating, during the day to get fast recovery from bedwetting troubles.

### **Honey**

Honey, a wonderful source of healthy and natural sugar is very useful in curing the bedwetting trouble. One teaspoon of honey before the bed time can stop the bedwetting problem completely in children. Honey can be offered mixed with milk, during morning breakfast or children can just directly eat it without much of a fuss.

### **Bladder Exercise**



Teach your child bladder exercises that help him/her to control the bladder and strengthen bladder muscles. Offer the child large amounts of fluids throughout the entire day and make him/her practice withholding urine for certain duration. With time, the child will learn to control bladder action and this will be useful in controlling bladder muscles at night too. This is useful for children above age of five, who can perform this exercise more comfortably.

## **Banana**

Banana, the healthy and lovable fruit of children supports by binding stomach, thereby preventing bedwetting during night. Eating 2 to 3 bananas every day will reduce the problem to a large extent. Offer one banana at the breakfast and one at night, before bed time.

## **Inculcate Regular Toilet Use**

Encourage the child to use toilet, every two hours throughout the day, without letting the need of urgency to go to the toilet. Proper toilet habits will also sets an alarm at night, waking the child to urinate at night.

## **Limit drinks In The Evening**

Ensure that child drinks more during the day and less at evenings and minimal at night time. Around 40% of fluids should be consumed between 7 a.m. to noon time, other 40% between noon till 5 p.m. and then just 20 % post 5 p.m. However, for children involved in sports or high physical activity or games in the evening, should never be restricted from drinking liquids even after 5 p.m.

Moreover, in case children prefer drinking more during evening time, do not restrict as fluids are very essential for health and overcoming dehydration, a common problem found in children.

## **Solve Constipation Troubles**

In children, sometimes constipation can be the cause of bedwetting at night. Ensure the child is passing stools normally. In case, he/she is suffering from constipation, consult doctor for stool softener medications for the child.



## **Home Remedies For Blackheads**

Nowadays, many types of creams and cosmetic products are available in the market for removing blackheads. Blackheads can affect the overall personality and appearance of an individual. Hence, it is advisable to take appropriate steps to deal with the problem of blackheads. There are various home remedies to deal with the problem of blackheads. An individual having blackheads can try one or more of these home remedies to get rid of blackheads. These home remedies are easy to use and prevent any kind of side effect that may result from the use of cosmetic products. Further, components required to prepare these home remedies are easily available and are generally found in our kitchen or garden.

### **Home Remedies For Blackheads**

#### **Clean Your Face**

One of the simplest remedies to deal with the problem of blackheads is to keep the face clean. An individual should wash his/her face after coming from outside in order to remove dirt. It is advisable to wash the face with warm water. An individual can clean his/her face multiple times in a day. Further, individual should avoid using soap while washing the face with warm water. Another alternative is to keep a cloth soaked in warm water on the area affected by blackheads. This cloth is required to be kept on the affected area for at least 10 - 15 minutes in order to obtain best results.

#### **Apply Aloe Vera Juice**

An individual can also apply aloe vera juice on the affected part to treat blackheads. Aloe vera juice not only helps in dealing with blackheads but also helps in improving the quality of skin (because of its soothing effect).

It is important to massage the gel/juice properly on the affected area to obtain desired results. Even though aloe vera juice can be easily purchased from the market, an individual can also try to extract aloe vera gel from the leaves of aloe vera plant.

#### **Use Toothpaste**

An individual can apply toothpaste on the affected area to treat blackheads. It is important to scrub the affected part with the toothbrush on a daily basis to obtain best results. Another approach is to apply toothpaste and wash it after sometime with water.

#### **Use Salt Water**



Another home remedy to deal with blackheads is to use salt water. It is important to wash the affected area with salt water on a daily basis. This is a very simple home remedy and is required to be used only once in a day. Continuous use of this remedy can give highly effective results.

### **Use Steam**

An individual can also use steam (from hot water) for removing blackheads. This remedy can be used twice in a week to obtain better results. It is generally advisable to cover the head with a towel/cloth while taking the steam.

### **Use Egg White**

Another simple and effective home remedy is to apply egg white along with honey (1 tablespoon) on the affected area. It is advisable to keep this mix applied for atleast 20 - 25 minutes.

### **Use Rose Water**

An individual can also use rose water on a daily basis to deal with the problem of blackheads. Rose water helps in removing dirt and excess oil from the skin. Application of rose water can also help in improving the quality of skin. Rose water can also be mixed with oatmeal powder. This mix can be applied (on the affected area) to deal with the problem of blackheads.

### **Use Tea Tree Oil**

Regular application of tea tree oil on the affected area can also give great results. It is advisable to use diluted form of tea tree oil on the skin. An individual can use almond or olive oil to dilute tea tree oil by up to 50%. Tea tree oil is considered as one of the most effective home remedies for removing blackheads.

### **Apply Lemon Juice**

Applying lemon juice (on a regular basis) can also remove blackheads. In order to obtain best results, it is advisable to apply lemon juice on the affected area before going to bed at night.

An individual should remove this juice in the morning to remove blackheads. Another alternative is to mix lemon juice with olive oil and apply this mix on a daily basis.

### **Use Honey**

Another home remedy to treat blackheads is use of honey directly or as a component in other home



remedies for removing blackheads. Besides direct application, an individual can also apply a mix of honey with lemon juice and baking soda.

Another option is to use honey with almonds (grinded). This mix can be applied on the affected area and can be used as an alternative to various facials available in the market.

### **Use Yogurt**

An individual can also apply yogurt to remove blackheads. It is advisable to clean the face with water before applying yogurt on the affected area. Further, it is important to keep the yogurt applied for at least 10 minutes in order to obtain best results. Another alternative is to mix yogurt (2 tablespoons) and honey (1 tablespoon) and apply this mix to remove blackheads.

### **Use Fenugreek Paste**

An individual can prepare a paste of fenugreek leaves and use it for removing blackheads. This paste can easily be prepared by crushing fenugreek leaves and adding water to this powder. Regular application of this paste can give quick and highly effective results.

### **Use Baking Soda**

Baking soda can also be used to deal with the problem of blackheads. A mix of baking soda and water can be directly applied on the affected area. It is important to keep this mix applied for 25 - 30 minutes in order to obtain desired results.

### **Use Cinnamon**

Another home remedy for removing blackheads is to use a mix of cinnamon powder and lemon juice. It is essential to keep this mix applied for at least 15 -20 minutes to obtain best results.

Some of the home remedies mentioned above may give immediate results to an individual. It is important to use these home remedies on a regular basis. Further, consumption of a healthy diet can also help an individual in dealing with the problem of blackheads.



## **Home Remedies For Bladder Infections**

Also known as urinary tract infections, bladder infections are mainly caused by bacteria. Symptoms of bladder infections include burning urination or cloudy urine or abdomen pain. In case the infection spreads then the individual might experience high body temperature, chills, nausea, back pain, and diarrhea.

To eliminate such uncomfortable symptoms of bladder infections, one can resort to either over-the-counter antibiotics or home remedies that are often considered more safe and effective.

### **Types of Bladder Infections**

One of the common type is urethritis, that is the inflammation of urethra. In such cases, the patient suffers from burning urination as the tube through which the urine passes is swollen.

Another type is pyelonephritis which mainly affects the kidney. In this type of infection, the bacteria travels through the bladder and starts affecting the kidneys. This mainly occurs when the patient is suffering from a really bad case of urinary tract disorder.

### **Causes of Bladder Infections**

Before we get into the effective remedies that will cure your disorder, let us understand the causes of bladder infections. Women can be affected by such infections after getting involved in sexual intercourse. In such cases, the bacteria can reach the bladder through urethra and cause bladder infection. Also, diaphragms can also cause infections in women.

In men, the infection can also be caused due to unsafe sexual intercourse.

### **Popular Bladder Infections Home Remedies**

When one is choosing home remedies for bladder infections, one must be patient and allow the natural cure to work wonders.

#### **Cucumber Juice**

Known to have positive diuretic effect, one can consume cucumber juice at least thrice a day to treat bladder infections. Mix a teaspoon of honey and lime juice to the cucumber juice and you have a natural bladder infection treatment.



## **Cranberry**

Individuals suffering from severe bladder infections can opt to consumer cranberry extracts, juice, or pills. Cranberry in any form is known to effectively flush out the bladder infection causing bacteria.

## **Drumstick Flowers**

Another great herbal remedy is to consume a teaspoon of freshly extracted drumstick flowers. One can also mix some coconut water and consume it at least twice on a daily basis.

## **Radish Leaves**

Bladder infection can also be treated with radish leaf juice. Have it on a daily basis for two weeks and it will surely treat your infection.

## **Spinach**

Fresh spinach juice mixed with fresh coconut water can effectively treat bladder infections. The effectiveness is attributed to the nitrates and the potassium of spinach that works as a safe diuretic.

## **Lemon**

Mix lemon juice with boiling water. Next, let the mixture cool and sip this mixture every two hours. This is known to subside the pain that one feels when one is suffering from bladder infections. Also, this concoction helps in stopping any bleeding.

## **Sandalwood Oil**

One of the most effective remedies is sandalwood oil. On a daily basis, one can start using oil drops and this can treat your bladder infection.

## **Vitamin C**

Clarifying the blood is one of the first steps that need to be taken, if and when one notices the onset of bladder infections. Consuming Vitamin C capsules can help you do so.

## **Goldenseal**

Known to contain high levels of antibiotic properties, goldenseal supplements are effective but one must not have it if one is pregnant or nursing.



## **Lifestyle Remedies for Bladder Infections**

### **Hot Water**

In case the pain is excruciating then one can use hot water. Consuming warm water or use it to wash the body part on a daily basis.

### **Cold Compresses**

Application of cold compresses to the stomach area can relieve any congestion you are feeling in the pelvic area. Cold water compression can also help in healing the skin from any rashes you are suffering from the bacterial infection. But while applying the compresses, make sure that you do not chill the skin.





## **Home Remedies For Bleeding Gums**

Bleeding gums is a condition which occurs due to gum infection, poor oral hygiene or it may be caused due to certain internal infection. Bleeding in the gums generally happens while brushing your teeth or when you bite a hard raw fruit. Simple home remedies are very effective for treating bleeding gums in the initial stages.

Along with home remedies you should visit a dentist once in six months for proper cleaning and for plaque removal to prevent gum diseases and dental problems like gingivitis and periodontitis.

## **Home Remedies For Bleeding Gums**

### **Mouth Wash**

Homemade mouth rinses are very effective in treating bleeding gums. They help to tighten the gums and prevent food deposits from getting stuck in between the teeth. Mouth wash also helps to keep your mouth fresh as it removes bad breath.

### **Saline Mouth Wash**

Take one glass warm water and add ½ tea spoon common salt to it. Use this water for mouth wash after brushing your teeth. It helps to remove swelling and pain in bleeding gums.

### **Alum Mouth Wash**

Alum is anti septic and a natural astringent. It helps to tighten gums and it reduces the gap between teeth and gums to prevent food deposits in the gums. Dissolve ¼ tea spoon alum powder in half a glass of water. Use it for mouth wash after meals to remove food particles from gums and to treat bleeding gums.

### **Lemon Mouth Wash**

Lemon has a rich amount of vitamin C and it helps to maintain healthy gums. Squeeze half a lemon in one glass of water and use it to rinse your mouth after meals. It is an excellent mouth freshener and it helps in arresting bleeding in gums.

### **Henna Mouth Wash**

Henna has a cooling effect, it reduces swelling and irritation in bleeding gums. Boil a handful of fresh



henna leaves in 500ml. water. Strain and cool the water and use it for mouth rinsing after meals and at bed time to treat bleeding gums.

### **Gum Massage**

Gum massage is extremely important for maintaining healthy gums. It prevents bleeding in gums and it also helps to cure it. Massage the gums twice a day after brushing your teeth. Use your index finger and thumb to gently massage the gums. In the beginning you may notice a slight increase in bleeding which can happen due to pressure, but gradually it will stop.

### **Diet For Bleeding Gums**

To maintain oral hygiene you must eat foods that are useful for your dental health. Citrus fruits contain high amount of vitamin C. It is very essential for healthy gums. Orange, lemon, broccoli, cabbage, lemon, grapefruit and pineapple etc. have high vitamin C content. Eat at least one vitamin C rich food every day to treat bleeding gums.

Milk is necessary for maintaining healthy teeth and gums as it contains calcium and proteins along with essential vitamins. Drink at 500 ml. milk daily to treat bleeding gums. Chewing raw vegetables is a healthy habit. It exercises the gums and strengthens them. Eat a carrot, radish or turnip and chew it for 1-2 minutes to exercise and cleanse the gums.



## **Home Remedies For Breast Enlargement**

Most of the women desire to have a great bust line. It helps to raise their self-esteem and confidence. While plastic surgery is an option to enlarge breasts, many refrain from it due to the costs, complications and risks involved. Those women, who have small or distorted breasts naturally, or due to health reasons, can overcome this problem using home remedies for breast enlargement.

Natural breast enlargement helps shape the breasts and increase their size using very simple home remedies. Its purpose is to allow women to increase the size of their breasts and bring firmness in them. The results are amazing, and without any short or long term side effects to worry about, helping women to become fit and healthy. After all, healthy looking breasts are a reflection of a healthy body and lifestyle. These home remedies will help you get bigger, fuller and shapelier breasts.

## **Home Remedies For Breast Enlargement**

### **Breast Massage**

Massaging breasts regularly increases blood circulation in them. Use any natural massage oil available at the health store. Massage your breasts twice a day with this oil. You can warm this oil slightly before using. If you do not have the time or find the oil application messy, a simple way is to just massage your breasts with your palms.

Rub the palms together so that the friction makes them slightly warm. Then do circular massages on each breast for fifteen minutes in the morning and at bed time. Do minimum of hundred rubs on each breast. Doing this simple massage twice a day for at least three to four months, shows good results in breast enhancement.

### **Red Lentils**

Red lentils (*Lens culinaris*) are easily available and a cheap remedy for breasts enlargement. Soak some red lentils in warm water for about 1-2 hours. Grind them into a fine paste. Apply this paste all over the breasts and leave it on for at least half an hour, or till it has completely dried.

You do not have to massage with this mix; just apply and leave it on. Wash it off with water after half an hour. This is a very simple home remedy which helps enhance the breast size and firms them up as well.

### **Onion Juice**

Onions can also be used as a simple home remedy for natural breast enhancement. Mix some fresh



onion juice with honey and turmeric. Use this mixture to massage the breasts as it helps increase breast size and also firms up sagging breasts. This home remedy is slightly cumbersome as you have to apply this mixture at night and wash it off the next morning. Till then you will have to bear the smell of onions which can be little hard on the nose. Yet, this massage produces good results, so do it twice a week for at least two months in order to get noticeable breast enlargement results.

## **Eat Bananas**

Your breasts are made up of fat and tissues of the mammary glands. It is quite obvious that larger breasts mean more fat. If you are quite thin, it is quite natural that there is less fat in the body, and hence the smaller breasts. If you wish to increase the breast size, the easy and ideal way is to eat bananas every day.

Bananas are considered the best health food. Have two to three bananas everyday if being thin is the reason behind the breast size. Do not make the mistake of choosing unhealthy, junk food for the requirement of fat.

## **Don't Stay Hungry**

If you are skipping your meals, and replacing them with unhealthy food taken whenever you suddenly remember that you are hungry, chances are your breasts are suffering along with your body. A healthy diet, consumed at regular intervals, is necessary to keep our body in shape.

Consume lots of protein rich food like milk, cheese, eggs, lean meat, fish, etc. Healthy foods possess tissue tightening benefits and help to make breasts fuller and prevent sagging. Eat at regular intervals. This is the simplest home remedy that one can follow for breast enlargement.

## **Drink Lots Of Water**

Keeping your body well hydrated is most essential in order to maintain healthy tissues and organs. Water helps flush out the toxins from your body and helps maintain the health of the breast tissue as well. It is quite natural for a dehydrated person to have smaller breasts as the muscle tissue loses elasticity. So, drink plenty of water throughout the day.

## **Exercises To Increase Breast Size**

Exercise plays a very significant role in shaping and maintaining breasts, and is a very important part of any breast enlargement program. Exercising regularly tones the breast muscles and helps maintain their shape, at the same time preventing sagging.

Women can lift light weights as per their body types. This helps strengthen and tone the muscle tissue



in and under the breasts. Wear a good sports bra while exercising. So, stick to a regular exercise schedule for full body, alternating with just upper body exercises on alternate days of the week.

A very simple exercise you can do for natural breast enlargement is to swing your arms clockwise and anticlockwise. Do this for ten counts every morning and evening as it is of great help in increasing breast size. Another simple exercise involves standing near a wall at an arm's length. You have to reach out and place your palms on the wall. Push against it as though you want to push the wall away, without bending your arms. Hold for a few minutes and then relax your arms for some time. Repeat this at least five times. Do this exercise daily as it helps enlarge breasts.

## **Recommended Natural & Herbal Products**

- [Breast Enlargement Cream](#)
- [Pueraria Mirifica Capsules](#)
- [Nano Breast Enlargement Cream](#)



## **Home Remedies For Breast Lifts**

The eternal feminine beauty is a combination of several factors, and an upright pair of breasts is one of those. A drooping pair of breasts can severely undermine the beauty of a woman. It specially lessens her attractiveness in the eyes of the opposite sex. Your partner may not be complaining, but he is attracted by the image of upright breasts of women.

To cozy up to him again and to get back your former shape that used to attract your partner you need to tighten up those tissues. This will lift up the breasts and help you to regain confidence and affection of your partner. There may be several factors behind the slackness of your breasts such as breastfeeding, poor nutrition, diseases, wearing wrong bra, menopause etc.

These days there are a number of methods which can lift up the breasts. However, the most frequently used method is a breast surgery. But this is a hugely costly affair. Moreover, there can be some unpleasant effects of breast surgery. There are natural methods that can be adopted at home. These home remedies are quite effective. Let us explore some of the home remedies for breast lifts.

## **Home Remedies For Breast Lifts**

### **Massage With Aloe Vera Gel Or Almond Oil**

Aloe vera has skin tightening properties. It has been used for centuries to get wrinkle free skin. Massaging with some aloe vera will help the aloe vera gel in doing deep inside the skin and tighten it up.

The massage also exercises the muscles which tones up the breasts. You can also use almond oil which improves the blood circulation. Improved blood circulation will inflate the blood vessels and lift up the breasts.

### **Nutrition**

Nutrition is of special importance in getting a tight pair of breasts. This is because the breasts are held up by some muscles which need to be tightened up to firm up the breasts. The muscles will become tight if you fulfill the protein requirement of the muscles.

It also needs essential nutrients such as vitamins, calcium and minerals. You can get all these in tomatoes, cabbage, cauliflower, broccoli, carrot, meat etc. But along with this you need to reduce the intake of caffeine and also stop smoking.



## **Cucumber And Egg Yolk**

It has been observed that cucumber can tone up skin. This is one of the reasons that it is used as a face mask in beauty treatment. Egg yolk contains a lot of minerals and nutrients. Both of these together can supply ample nutrition to the muscles underneath and tighten the skin.

This will automatically lift your breast. So use a mixture of blend of cucumber and egg yolk on and around the breasts every day. Let the mixture set in for at least half an hour. After this wash off. You will notice improvement within one week.

## **Olive Oil**

This is one of the best oils available. It has many nutrition values. It has been seen that olive oil can enhance skin tightness and texture. So massage your breasts with olive oil daily and see the improvement in a few days.

## **Swimming**

Half an hour in the pool on a regular basis can firm up the breasts like nothing else. Swimming tightens up the muscles responsible for holding up the breasts. This is enough to lift your drooping breasts.

## **Recommended Natural & Herbal Products**

- [\*\*Nano Breast Firming Serum\*\*](#)
- [\*\*Breast Firming Serum\*\*](#)



## **Home Remedies For Burning Tongue**

Burning tongue syndrome is also termed as burning mouth syndrome (BMS), where there is burning pain in the tongue, lips, palate and sometimes throughout the mouth. It occurs to middle aged and old aged women mostly postmenopausal women. The exact cause of BMS is not known but it is often related to nutritional deficiencies, hormonal changes, fungal infection, certain allergies, medications, anxiety and depression, damage to nerves that control pain and taste.

The symptoms include dry and sore mouth, tingling sensation, pain and swelling, feeling of numbness, bitter or metallic changes in taste. Certain home remedies when used regularly can treat burning tongue syndrome:

### **Home Remedies for Burning Tongue**

#### **Spinach/Broccoli**

These vegetables are a rich source of Vitamin A which boosts the immune system making it heal faster. They are rich in Vitamin B2 (Riboflavin) the deficiency of which impairs iron absorption. Folic acid helps to maintain the immune system and also prevents neural tube defects. Vitamin B6 present in broccoli is also important for the proper functioning of the nervous system, hormone functions and also the immune system. Vitamin C helps in the formation of stress hormones and is also required for maintenance of healthy gums, bones and teeth.

They are also a rich source of iron the deficiency of which leads to burning sensation in the mouth and tongue, fungal infections, redness and swelling, sores in the mouth. In addition broccoli is also rich in Vitamin B12 which is required by the nervous system, the deficiency of which leads to numbness or tingling sensation in the mouth. Overall they individually can tackle nutritional deficiency, hormonal changes, fungal infection, anxiety and depression and also protects from damage to the nerves that control pain and taste thus beneficial in burning tongue.

#### **Carrot Juice**

Carrots are a rich source of Vitamin A which boosts the immune system making heal faster. Vitamin C helps in the formation of stress hormones and is also required for maintenance of healthy gums, bones and teeth. Vitamin B6 present in carrot is also important for the proper functioning of the nervous system, hormone functions and also the immune system.

Folate helps to maintain the immune system and also prevents neural tube defects. Intake of carrot juice proves beneficial in the initial stages, as food intake will be difficult and drinking carrot juice will provide with all the nutrients required and will also give a filling sensation.





## Yogurt With Flax Seed

Grind flax seed and mix with yogurt and have it. Yogurt will give relief from burning sensation and will also be a filling to the stomach. Yogurt contains Vitamin B5 which helps to produce steroid hormones. Added flax seed is rich in omega 3 fatty acid which proves beneficial in alleviating inflammation. It contains Vitamin B1 which maintains the nervous system and promotes healthy brain activity and memory. The anti oxidant properties boosts the immune system and makes healing faster.

## Oatmeal

Oatmeal can be easily swallowed and is also full of nutrients. It also contains soluble fibers which help to slow the process of digestion thus giving you a filling sensation. It is a rich source of Vitamin B1 which proves beneficial in maintaining the nervous system and promotes healthy brain activity and memory.

Folic acid helps to maintain the immune system and also prevents neural tube defects. It also contains Vitamin B5 which helps to produce steroid hormones.

## Topical Application Of Raw Honey/Aloe Vera/ Lavender Oil

Any of the three raw honey, aloe vera or lavender oil can be applied for getting relief from burning tongue. They are rich in anti inflammatory properties which alleviates inflammation. Anti oxidant properties boosts the immune system making heal faster. Their anti fungal properties prove beneficial in treating deep infections caused by fungus.

Honey has got anti allergic properties which treat allergies. Their analgesic properties alleviate pain. Moreover they are antiseptic. In addition, honey offers a non-toxic alternative to powerful and sometimes-damaging prescription medicines. If you are allergic to garlic, onion or other types of plants in the alliaceae family, then please don't apply aloe vera gel.

## Cold Apple Juice

Cold apple juice proves to be an effective rinse in burning tongue. The astringent properties of apple prove beneficial in soothing irritated throat and also relieve pain. The anti inflammatory properties alleviate inflammation such as swelling in the mouth and redness.

Anti oxidant properties boosts the immune system making heal faster. Anti fungal properties proves beneficial in treating deep infections caused by fungus. Analgesic properties give relief from pain. In addition to all the above properties it is neuroprotective.



## **Home Remedies For Burnt Skin**

The most common causes of skin burns are fire, heat, steam, hot liquids, friction and chemicals. Burns can also be due to electricity, radiation and sunlight. When the skin is burned, skin and its tissues are damaged. Burns can cause minor discomfort or major problems that can be life threatening.

Location, depth and area of the burn cause the severity of the burn. You can treat minor burns at home by simple remedies like applying anesthetics. If the burn is deep and affects large skin area, it may need medical treatment. If the skin is burned, the affected area becomes red. There is pain, swelling. There is formation of blisters on the skin.

The skin becomes black and charred. If the burn is severe, there can be bacterial infections, organ failure, low body temperature, breathing problems and scarred tissues. Some home remedies can help in curing the burnt skin. Some of the best home remedies for burnt skin are as follows.

## **Home Remedies For Burnt Skin**

### **Immediate First Aid**

When the skin is burned, you should remove the thing that caused the burn. If the burn is due to fire, you should extinguish the fire. You should immediately put the burnt skin under water. Apply an anesthetic lotion on the skin and wrap the affected area with a bandage. If there is blister on the skin, you should not try to break it. However, if the blister breaks by itself, you should clean the skin, apply antibiotic cream or lotion, and then wrap a bandage on it.

### **Yogurt**

Yogurt is another good remedy for burnt skin. You should apply yogurt on the burnt skin for fifteen minutes. Remove the yogurt from the skin by dabbing the skin with a cloth dipped in cold water. The yogurt should be pure and unflavored. You can also mix barley to the yogurt. Add little turmeric to it to make a paste. Take all these three things in equal amounts. Apply this on the affected skin.

### **Honey**

Honey is a very good remedy for burnt skin. You should apply honey on the burnt skin. Leave the honey on the skin for ten minutes, after which you can rinse the skin with cold water. Honey cools the skin and provides comfort to the patient.

### **Aloe Vera**



Aloe Vera is very effective in treating first-degree burns. Extract Aloe Vera gel from the leaves of the aloe plant. Apply the gel on the burnt skin. Aloe Vera soothes the burnt skin and fastens the healing process.

### Lavender

Lavender helps in healing the burnt skin. You should apply lavender oil on the burnt skin. You can add honey to the lavender oil and then apply it on the burnt skin. You can also mix Aloe Vera gel to the lavender oil and apply it on the burnt skin.

### Onion

Put an onion piece on the burnt skin. It will decrease pain and redness. Onion has antibiotic and antiseptic properties. You can also apply onion juice on the burnt skin. The juice should be fresh.

### Vitamin E Oil

Burnt skin often leaves an ugly scar behind. If you want to get rid of scars caused by burnt skin, you should apply Vitamin E oil on the skin is scarred. Vitamin E will make the scar light and finally invisible.

### Papaya

Papaya is a very good remedy for burnt skin. You should apply papaya pulp on the burnt skin. Papaya contains enzymes, which help in healing the burnt skin. Papaya also helps in removing dead skin cells.

### Egg White

Egg white helps in healing the burnt skin. Break an egg and separate the white portion. You should apply the egg white on the burnt skin for fifteen minutes. Wash the skin with cold water.

### Almond Oil

If you want to remove the scars caused by burnt skin, you should apply almond oil on the affected skin two times daily. The almond oil makes the skin soft. It is an effective remedy for burnt skin.

### Lemon And Tomato

Lemon is an effective remedy for scars caused by burns. Lemon juice contains acid, which makes the scars light in color. First, rinse the burnt skin with cold water. Place a moist cloth on the burnt area.



Dip another cloth in lemon juice and pat the burnt skin with this cloth. When the skin becomes dry, apply tomato juice on the skin. Do this remedy two times daily. Tomato juice is a very good remedy for burns. This remedy will help in eliminating the burn marks.

### **Fenugreek**

Take fenugreek paste, which you can make by soaking the fenugreek seeds overnight. Apply the fenugreek paste on the burnt skin and allow it to become dry, after which you can wash the skin with cold water.

### **Potato Peel**

Potato peels is a popular home remedy for burnt skin used in the olden times. You must apply potato peels on the skin and wrap the area with a bandage. Potato peels provide moisture to the burnt area, which helps in healing it. Potato peels also have anti bacterial properties, which help in curing infection caused by the burn. This is an effective remedy for minor burns.

### **Turmeric**

Turmeric helps in healing the burnt skin. You can apply turmeric paste on the burnt skin. You can make turmeric paste by mixing turmeric powder with little water. Turmeric has antiseptic properties, which helps in curing the burnt skin.

### **Oatmeal**

Oatmeal is a good remedy for curing itching caused by minor burns. Fill a vessel with lukewarm water and add some oatmeal to it. Soak the burnt skin area in the vessel for fifteen minutes. If you have burn on large body area, you can do this remedy in a bathtub.

### **Tea Bags**

Dip tea bags in cold water and extract tea from it. Apply the tea on the burnt skin by a dabbing motion. You can also make a concoction by boiling tea bags and mint leaves in water. Strain the solution and cool.

Dip a cloth or cotton in this solution and apply on the burnt skin. You can also apply wet tea bags on the burnt skin after dipping it in water. Wrap gauze over the tea bags and leave it for some time.

### **Vinegar**



Vinegar has astringent and antiseptic properties. It is a very good remedy for minor burns. Add water to vinegar. Take water and vinegar in equal amounts. Rinse the burnt skin with this water. Diluted vinegar will help in healing the burnt skin.



## Home Remedies For Cavities

Treating cavities is no simple task and requires dedication, good timing and ample care of the affected tooth or teeth is required to keep the cavity under control or to reverse the bacterial growth in the affected teeth.

There are many antibacterial agents available at home that can be used to both relieve the pain from cavities as well as to remove the presence of small cavities. Most of these items can be found in the kitchen and act as effective home remedies against cavities. We list five such home remedies.

### **Home Remedies For Cavities**

#### Salt Gargling

Mix a reasonable amount of salt in some warm water and then gargle with the resulting solution. This can be done between four to ten times a day and even more if the pain is extremely severe or the infection highly advanced.

The salt water serves to kill the bacteria in the mouth, in the teeth and in the throat acting as a powerful antibacterial agent that acts throughout the area greatly reducing the chances of increased tooth infection.

#### Clove Oil

Clove oil is an extremely potent antibacterial substance and applying a few drops of this to the cavity using a cotton swab can reduce cavity pain almost immediately. The oil has long been known to have antibacterial properties and if the oil is not available, you can simply press cloves to the affected tooth. If using the oil, be careful while applying, since it is corrosive and excess oil can harm the soft tissues of the mouth, resulting in inflammation.

#### Warm Water

Sufficient warm water applied to the affected regions of the mouth serves to reduce bacterial activity and makes it easier for toothpastes and mouthwashes to work effectively against the infection. It is usually a good idea to wash your mouth with warm water before going to bed and after waking up and at least once throughout the day keeping the possibility of increased infection away. Do not use boiling water as this will burn your mouth, but use water which is quite warm.

#### Alum



Alum is a very potent salt that has adverse effects on bacterial infections. Take a small pinch of alum and apply it to the affected region. The pain will subside almost immediately since the bacterial colonies are quickly rendered inactive or dead.

It is advisable to use a small quantity since alum is not like common salt and too much alum is not considered healthy for the body. This is best tried before going to bed or after dinner.

## Toothpaste

Fluoridated toothpastes along with toothpastes that contain specialized antibacterial substances like salt and clove oil are also good ways to remedy cavities, since such chemicals kill bacteria and a small quantity of fluoride in the toothpaste helps the enamel of the teeth to become stronger.

Brushing twice a day is a very reliable method of reversing minor cavities and preventing new cavities. Choose good toothpaste and maintain good dental hygiene. Brushing after every meal is rare but not inadvisable.

Dental cavities can be controlled or the pain can be restricted using the methods mentioned above. Although serious cases need medical care, these cures are good for minor cases of tooth cavities.



## **Home Remedies For Chest Congestion**

Our lungs are one of the most undermined and downplayed features of our body. Yet they have an important role to play as they help to pump and transport oxygen to the different vital organ systems of the body. Environmental pollutants, virulent strains of bacteria and virus and lifestyle diseases are playing havoc with our lungs, leading to chest congestion.

This is putting us at risk of dangerous diseases like TB, pneumonia, bronchitis and lung cancer. With some proper care and lifestyle changes, we can give our lungs the good health they deserve without compromising on their functioning in any way. Here are some ways by which you can cure chest congestion with the help of home remedies.

### **Home Remedies For Chest Congestion**

#### **Steer Clear From Smoking**

Smoking can play havoc with your pulmonary system like none other. It is also one of the leading causes of lung cancer and chest congestion. Lung cancer kills millions very year. Most companies and organizations have banned smoking and restrict smoking within their premises.

Smoking is no longer considered cool and many men and women are giving up the habit for healthier lifestyles. The best way to protect your lungs and prevent chest congestion is to not smoke.

#### **Avoid Environmental Pollutants**

If you live in a cosmopolitan city, avoiding smog, smoke, pollution from vehicles may be difficult. In such cases, wear a mask when venturing out especially if you are driving a two-wheeler. Keep your car windows up to prevent inhalation of gas fumes from other vehicles. Children in particular need extra attention, as they are vulnerable to chronic diseases like asthma.

#### **Exercise**

Cardiovascular exercise like jogging, running and hiking may be excellent for the lungs as they strengthen the heart and the lung and improve the lung's oxygen carrying capacity. This leads to good overall fitness and health. There are also lesser possibilities of suffering from chest congestion if you have good lung health.

#### **Practice Yoga**

Yoga, deep breathing and meditation is an excellent way of keeping the lungs in great shape.





Breathing improves your overall lung functioning and can give you relief from chronic ailments like asthma and chest congestion. Practice yoga 3-4 times a week for good lung functioning.

### **Protect Yourself From Infections**

Practice good hygiene by staying away from infected people. Infected people carry germs that spread dangerous diseases like pneumonia and TB. These diseases are the worst culprits of chest congestion. These diseases are spread through contact with infected droplets. Always wear a mask when visiting sick people. Protect yourself by increasing your intake of vitamins and minerals during cold weather when you are more likely to suffer from chest congestion.

### **Eat Healthy**

There is nothing like a nourishing diet for overall health and fitness. Eat plenty of fruits and vegetables to stay fit and boost immunity. In fact, fruits and vegetables have antioxidants that get rid of free radicals from the body. These free radicals predispose a person to develop dangerous cancers like cancer of the lungs.

### **Get Annual Check Ups**

If you suffer from chronic bronchitis, chest congestion or asthma, get yourself checked regularly for medical ailments. Annual checkups will ensure that you get the best treatment for your malady. Asthmatics in particular need to be careful and avoid stressful situations that can trigger an asthmatic attack. Also, be careful about taking your medication and following all the necessary precautions.

### **Do Inhalation**

Mild chest congestion can be easily remedied with the help of steam inhalation. Add a few droplets of eucalyptus oil to boiling water and inhale the steam to clear up chest congestion.



## Home Remedies For Chicken Pox

Chicken pox is an infection caused by virus. The early symptoms in adults are loss of appetite, aching muscles and headache, fever. It starts with a skin rash in the body and the head and also ulcers in the oral cavity and the tonsil areas. It can be very itchy and the broken vesicles can sting accompanied by fever and headache.

It is an airborne disease which spreads through coughing or sneezing or through direct contact with secretions from the rash. It is better to put gloves in hands and also trim the finger nails to stop scratching as it can lead to further infection. There is no actual cure to the condition but one can relieve the symptoms by medications.

## **Home Remedies For Chickenpox**

### Ginger

You can add ginger powder to your warm water bath. This will reduce itching. Also for intake you can crush the ginger, boil it in water then strain it and have the same. Ginger has got anti inflammatory properties which can alleviate inflammation. Anti histamine properties gives relief from itching.

Its analgesic properties can give you relief from pain. The antiviral properties stop the virus from multiplying. The antioxidant properties boost the immune system and makes healing faster. However, ginger is not recommended for young children.

### Marigold Flower And Hazel leaves

In a cup of water add one tablespoon of marigold flower and hazel leaves and soak it overnight. Grind it to make a paste and apply on the rashes. The anti inflammatory and astringent properties of marigold and hazel leaves will stop the skin irritation. The analgesic properties will give relief from pain. The antibacterial properties combat infection. The antioxidant properties make healing faster.

### Green Tea

Prepare an herbal tea of Chamomile, Holy basil and lemon balm and have it regularly. The anti inflammatory properties of the three will give relief from inflammation and itching. The anti viral properties of lemon balm and holy basil will stop the virus from multiplying. In addition, Holy basil has also got anti histamine properties which also prove beneficial for itching.

The antioxidant properties of holy basil boost the immune system and makes healing faster. However, holy basil also is reported to have an anti fertility effect and should be avoided if a woman is trying to



get pregnant. Also the combination of basil and milk should be avoided.

### **Green Peas**

Boil the green peas in water and strain it .Use this water to clean the rashes. The nutrients in peas have anti inflammatory properties which will give relief from irritation and itching.

It is rich in vitamins and antioxidants which help the body develop resistance against infections. All these properties make it beneficial for treating chickenpox.

### **Sandalwood Oil**

It is rich in vitamins and antioxidants which help the body develop resistance against infections. All these properties make it beneficial for treating chickenpox. Application of sandalwood oil regularly will not only treat rashes but also prevent the scars from blemishing. The astringent and anti inflammatory properties will relieve itching and inflammation. As an emollient it helps to soften and soothe the skin.

### **Neem**

You can add neem to your warm water bath. The astringent and anti inflammatory properties of neem will give relief from itching. The antiviral properties will stop the virus from multiplying. It is a good antioxidant which makes healing faster.

### **Oatmeal**

Blend some oats in the blender and turn it into powder. Then start running hot water into the tub, to it add oats and swirl around. Then add cold water to get the right temperature for bath.

The water will turn milky and have a softer feeling. Oats contain betaglucans which boots defenses of the immune system against bacteria, fungi, viruses and parasites. Bathing in this water stops itching sensation immediately. People with allergic reactions to gluten are recommended not to use oats.

### **Carrot Coriander Soup**

This soup is beneficial in treating chicken pox. Cut them into pieces, boil them in water. Then strain and allow it to cool. Drink this soup once in a day for a month. Both carrot and coriander has got anti inflammatory properties which alleviates inflammation such as itching.

The anti oxidant properties of both makes healing faster. The antiviral properties of coriander will stop the virus from multiplying. Coriander has got analgesic properties which are beneficial for getting relief from pain.



## Raw Honey

Regular application of raw honey to the rashes proves beneficial in chicken pox. The anti-inflammatory properties give relief from itching. Antiviral properties stop the virus from multiplying. Analgesic properties give relief from pain. Antioxidant properties boost the immune system thus making heal faster. The moisturizing properties help to maintain the skin soft, thus reducing itching.



## **Home Remedies For Cholesterol**

One of the most commonly occurring problems for humankind is cholesterol. However, cholesterol is also an essential component of the human body, which is best when controlled and managed in a healthy way for a healthy lifestyle. Cholesterol is a yellowish fatty substance, a steroid that is naturally produced in the liver or in the intestines.

### **Home Remedies for Cholesterol**

#### **Garlic for Cholesterol**

Garlic, whose scientific name is *Allium sativum*, is known for its distinctive odor and for a variety of useful medicinal purposes. Apart from its use as a flavouring agent in food in many cuisines, the chemical called Allicin present in it is known to kill bacteria and fungi, and alleviate certain digestive disorders.

And most of all, garlic has been known to lower cholesterol levels in patients with high levels of LDL. It would help to include garlic in your diet on a daily basis, given the host of medical benefits that garlic provides, along with its projected benefit of lowering cholesterol, though you may not want to rely completely on garlic alone as a home remedy for cholesterol.

#### **Ginger for Cholesterol**

Ginger can safely be used as an effective home remedy for cholesterol as well as for a host of other health issues. For one, ginger reduces significantly serum and hepatic cholesterol levels in two ways – one is by impairing cholesterol absorption into the body and the other is by stimulating the conversion of cholesterol to bile acids. In the process, ginger is known to increase the secretion of bile, which in turn has had positive effects on digestive problems.

Ginger as a home remedy for cholesterol could be used in multiple forms, such as ginger powdered and added to tea, which is not only a healthy option, but is also a tasty one. Ginger could well be added to soups, as ginger slices could be left to soak in the fluid and could be boiled for the essence to seep into soups, which would add spice to your diet.

#### **Green Tea for Cholesterol**

A reliable and safe remedy for cholesterol is green tea. Green tea, which is known for a number of health benefits, is also known to work pretty well in the case of cholesterol, through its mechanism of increasing the secretion of lipids.



Further, green tea is also found to inhibit the production of an enzyme that is thought to cause or promote the constriction of blood vessels, hence having a direct effect on blood pressure. Green tea is also a powerful anti-oxidant, which reigns in the harmful free radicals, and in the process, prevents any damage caused by the free radicals to arteries. Regular consumption of green tea is an effective home remedy for cholesterol.

### **Cayenne Pepper for Cholesterol**

Cayenne pepper, which is also known by the other names such as cow-horn pepper or bird pepper, is long known for its flavour as well as for its medicinal properties. Cayenne pepper is generally used in the making of spicy dishes, and is well known as a herbal supplement which acts as a herbal remedy for cholesterol. Cayenne pepper is long known for its abilities in correcting anomalies associated with the circulation system, as it regulates blood pressure and is effective as a cure for cholesterol.

The way the cayenne pepper works is by promoting a fast and quick processing of body fat without its staying in the system for long, thus reducing fat consumption by the body. Given its ability to excrete fat out of the body, cayenne pepper is acknowledged as an effective home remedy for cholesterol.

### **Guggul for Cholesterol**

Guggul is the traditional Ayurvedic name for Indian Bedellium, the gum produced from the stem of the tree, Commiphora mukul. Guggul has been traditionally used in the treatment of a variety of health conditions, ranging from arthritis to obesity and skin problems, and it has been found to be effective in as an effective home remedy for cholesterol as well.

Guggul has been found to lower triglycerides as well as LDL, though some studies indicate that the herbal product is more effective on the Indian population than those who are used to Western diet, also citing genetic differences among the populations. Guggul is available in the form of capsules that could be taken twice a day as effective remedies against cholesterol, and could be taken under the supervision of a practitioner.

### **Chicory, Ginger and Fenugreek Seeds for Cholesterol**

Fenugreek has long been associated with the lowering of cholesterol, among other health benefits. You could get the right kind of home remedies for cholesterol by adding half a teaspoon of fenugreek seeds to a teaspoon of lime flowers and half a teaspoon of ginger, mixing them all up in water to be boiled. You could let the solution cool down after it has reached a boil, strain the solution and drink at the rate of two cups a day for effective relief from cholesterol levels.

### **Oats for Cholesterol**



One of the first home remedies for cholesterol that should catch your eye would have to be oats. Oatmeal is good for health and makes for a perfect low fat diet, capable of reducing your blood cholesterol levels substantially as you stick on with it. You would also do well to combine your oatmeal diet with other low fat recipes as you stay away from some of the prominent sources of cholesterol and fat.

### **Nuts for Cholesterol**

An easy and delicious home remedy for cholesterol would be to consume nuts on a daily basis. Nuts are good, nutritious, tasty and effective in reducing blood cholesterol levels. You could choose among the many kinds of nuts such as peanuts, hazelnuts, pistachios, almonds, walnuts and hazelnuts, all of which are found to have similar kinds of effects on the levels of blood cholesterol.

Apart from their role in reducing cholesterol, nuts are also involved in reduction of triglycerides, and ultimately, having a positive impact on people with coronary heart disease. And the ideal quantity of nuts to be consumed on a daily basis has been estimated to be at around 3 ounces per day, considering the high calorific value of nuts.

### **Honey for Cholesterol**

One simple home remedy for cholesterol that wouldn't cost you much and that would also lift your spirits involves honey. You may add one teaspoon of honey in a cup of hot water to form a delicious hot drink that is capable of working wonders for your high cholesterol levels. Honey is nature's best medicine for a whole range of ailments and one solution that wouldn't let you down.

### **Rice Bran Oil for Cholesterol**

One lifestyle and diet change that you would want to bring about when trying out home remedies for cholesterol would be to focus on rice bran oil as the preferred medium of cooking. Rice bran oil is found to be a good source of dietary fibre along with a range of fatty acids, such as Oleic, Linoleic and Lenolenic acids.

### **Rice Bran Oil and Safflower Oil for Cholesterol**

Another home remedy for cholesterol would be to blend Rice Bran Oil with safflower oil and substituting the blended oil for the regular cooking oils such as vegetable oil or corn oil.

The efficacy of this method of blending the two oils and its effectiveness in lowering serum cholesterol levels have been attributed to the high levels of linoleic acid in safflower oil that is blended with the micronutrients present in rice bran oil, according to a study, with more research on the reasons behind the effectiveness of this blended oil being in process.



## **Apple and Vinegar for Cholesterol**

There may not be many substitutes for the ubiquitous apple that comes in handy during a whole range of ailments, including playing an active role as home remedies for cholesterol.

## **Coriander for Cholesterol**

The humble coriander seeds can play big roles when they are used as home remedies for cholesterol. Around two tablespoons of cholesterol could be brought to boil in a glass of water, cooled and strained for consumption twice or thrice a day.

## **Water for Cholesterol**

There have been many advocates of this simple and perfectly natural solution for many ailments that afflict the human race. Water is essential for sustenance of optimal organ performance and drinking 2 to 3 litres of water a day would go a long way as home remedies for cholesterol.

## **Recommended Natural & Herbal Products**

- [\*\*Guggul – For Cholesterol\*\*](#)
- [\*\*Garlic – Reduce Cholesterol\*\*](#)





## **Home Remedies For Clear Skin**

Skin care is all about clear, glowing and absolutely beautiful skin. Many women, especially the ones which are not lucky enough to have clear and beautiful skin, consider clear skin to be an impossible feat to achieve. But having clear skin is nothing difficult if you have some time at hand every day to tend to your skin and also some control on what you eat. All women go after the false promises of skin care hubs that not only charge a heavy fee on their treatment methods, but also want you to invest a major chunk of your time for the innumerable sittings they demand for that perfect looking skin! The end result?

It's not always very encouraging. Many women who undertake these treatment options do not reveal it to anyone as they do not want others to know that they have been cheated beyond imagination. Clear skin can be attained at the comforts of your home. When you have the luxury of tending to your skin right at home, why go after creams and clinics who are just not interested in you, but your wallet? Take a look at these treatment options and be enlightened by the various remedies on display!

## **Home Remedies For Clear Skin**

### **Lemon Juice**

At some point of our lives we have to deal with acne, pimples, dark spots, warts and tans. All these leave their permanent scars on various parts of our body, giving our skin a patchy and dull appearance. Exfoliating your skin is the best way to keep your skin clear of all these spots. A number of natural products can be used for exfoliation. Lemon comes first in the list, being the easiest to get hold of. Lemon juice can be applied on the skin for about 20 minutes every day and washed off after that. Lemon will remove the top layers of skin and lightens your skin with its bleaching action, leaving it bright and wonderfully clear.

### **Homemade Scrub**

A nourishing scrub will take care of your blemishes and dark spots and also leave your skin well hydrated and clear. For making a scrub, squeeze the juice of one lemon and add one tablespoon honey and two tablespoons of almonds that are ground to a paste. Mix well and rub this mildly abrasive scrub on to your skin. Massage in circular motion to remove the dead skin cells on top and allow it to remain on the skin for imparting its nourishing action. Now you can clean the face with warm water. Your skin would have become noticeably fresh, supple and clear with this treatment.

### **Apple Cider Vinegar**

The acidic properties of Apple Cider Vinegar can be used for treating damaged skin and also for



removing a number of skin conditions and blemishes that could have made your skin dull and lifeless. Apple cider vinegar protects the skin from free radical damage due to its antioxidant qualities. Dilute with water and rub on your skin to clear dead cells and revitalise your skin. Consume 2 tablespoons of apple cider vinegar along with water to keep a host of skin diseases and problems at bay and leave it beautifully clear.

## **Table Salt**

Salt is a mild antiseptic, antibacterial and cleanser and can help in keeping your skin clear of all infections. But salt can dry your skin as well. To make salt a bit more forthcoming towards your skin, add olive oil to salt and rub on to your face. This can remove the dead cells on the skin as well along with its cleansing action and leave your skin clean and clear.

## **Yeast**

Yeast is a fungi, but don't be worried that it will exert a fungal infection on your skin while you use it. Applying yeast can help you keep the skin clear. Mix it with milk which is also a bleaching and moisturising agent and apply on the spots and blemishes that have invaded your skin. Leave it for a few hours and remove it with lukewarm water.

## **Tea Tree Oil**

For treating scars left behind by acne and pimples, tea tree oil is a good remedy. Tea tree oil can be diluted with water and applied on the scars on your face for removing them completely. Doing this every day will remove all the blemishes and make your skin clear.

## **Egg White Mask**

Skin that is oily will have a number of outbreaks to deal with. If you have oily skin, you have to be careful of acne which can leave scars and spots on your skin. Egg white masks help in removing the excess oil from your skin and allow you to have a clear and smooth skin with every application. Carefully separate egg white from the yolk and beat it to make it soft. Apply on the face, leaving the eye and the mouth area. Allow it to dry and wash off afterwards.

## **Steaming**

Steaming is the most basic form of skin care, but one of the best treatments for all breakouts. Steaming your face can also prevent outbreaks as regular steaming will remove all the pores open and thoroughly cleaned, without leaving any chance for clogged pores and resultant breakouts like blackheads, pimples and acne formations. Steaming can be done by adding lemon juice and other



herbs like rosemary etc. to give it the effect of an aromatherapy.

### **Honey And Oatmeal**

One of the best home remedies for attaining a fresh and clear looking skin, devoid of blemishes, a mixture of honey and oatmeal can be used every day on your face for about 15 minutes and washed off.

### **Recommended Natural & Herbal Products**

- [Khadir For Clear Skin](#)
- [Neem – Skin / System Purifier](#)



## Home Remedies For Cold

The common cold is something that none of us would forget to remember, right from the ones that we experienced in childhood to the ones that catch us unawares today and prove to be a menace at home and at work. Featuring running nose, nasal congestion, watery eyes and sore throat, and possibly coupled with headache, sneezing and coughing, the common cold is, so to speak, a unique experience.

### **Home Remedies for Cold**

#### Echinacea for Cold

Echinacea purpurea are herbs, some of the most popular in the United States of America these days, which have been used for centuries in the treatment of many ailments and as an effective medium in the prevention of infections and other related conditions. The herb derives its health benefits from the roots that are rich in volatile oils; the plant above the ground has high levels of polysaccharides that are known to stimulate the immune system.

Echinacea are available in the forms of tablets, capsules as well as tinctures, even as you could try out your own tea out of around 2 grams of the dried roots, consuming it thrice a day for a week for noticeable improvements in infection associated with the common cold. It is to be noted that the herb and its extracts tend to work better and are more effective as home remedies for cold if they were taken in the initial days of the condition rather than later.

#### Gargle With Salt Water

One of the time-tested home remedies for cold would be to gargle a mixture of common table salt or rock salt in warm water and rinse the mouth and the buccal cavity thoroughly for a few minutes. This is one of the first steps that you need to take in terms of action against cold, as gargling prevents infections in early stages and helps in controlling the condition before it worsens.

While salt is an effective disinfectant, hot water is good for all kinds of inflammations, proving to be soothing on the throat and lessening the pain and irritation associated with sore throat.

#### Milk, Pepper and Turmeric Powder

Pepper is known not only for its anti-bacterial properties but also for its being a powerful anti-oxidant, capable of reigning over the free radicals that wreak havoc in the system. Turmeric, on the other hand, is one of the most potent herbs, blessed by nature to provide relief from a vast range of infections and



ailments.

One of the primary home remedies for cold would be to grind 5 or 6 black pepper corns into powder and mix it in boiled milk, adding a pinch of turmeric powder on to milk. The combination of turmeric and pepper, when combined with the goodness of hot milk, would provide you good relief from the nagging symptoms of cold as you consume the solution thrice a day for soothing comfort on the throat.

### **Vegetable Juice with Beetroot, Carrot and Cucumber**

Vegetables are some of the richest sources of vitamins, minerals and all the vital nutrients that you could ever find in nature, especially when it comes to using the wealth of nutrients to fight infections. You could make one of the effective home remedies for cold with a vegetable hot soup made of beetroot, carrot and cucumber. Beetroot is high in Vitamin C and iron, the essential element and the vitamin that play a key role in boosting the immune system and providing for sufficient oxygen in the bloodstream.

### **Honey for Cold**

It is perhaps one of the most overlooked components when it comes to home remedies for cold, but is as effective as any other remedy could be, nevertheless. Honey has antimicrobial and anti-bacterial properties that would work wonders in the event of cold and its symptoms. The good old, raw honey is capable of rebuilding tissues that may have been affected in an infection and would prove to be good in soothing the buccal cavity, the throat and the respiratory tract.

Given its anti-inflammatory properties, you could hope to have instant relief from sore throat and cough, as may be evidenced by the whole range of over-the-counter drugs and lozenges claiming to have a good deal of honey in them. Honey could be had raw as you sip a teaspoon of honey and let it

flow over the affected areas of your throat. Alternatively, you could also take a glass of warm water and mix a teaspoon of honey, sipping it gradually to experience good and instant relief from cough, sore throat and other indications of cold.

### **Garlic for Cold**

Time and again, garlic has proved itself to be a versatile vegetable, in healing many medical conditions and in providing relief from lasting ailments on account of its health benefits and properties. Garlic derives its healing powers from the chemical compound called allicin, which chemical that lends its antibacterial, antifungal and anti-oxidant properties to the bulb.

### **Onion Juice and Honey**



Onions are healthier than one may think of them, and they promptly pitch in when you are in need, working as perfect home remedies for cold. Onions are rich in Vitamin C and also have phytochemicals called flavanoids that help in the proper functioning of Vitamin C in the body. Onions have long been used to improve oral hygiene as they have antimicrobial properties that would cleanse the oral cavity of germs.

### **Onion Juice for Gargling**

Just as you could make handy syrup out of onions, you could use a similar mechanism to come up with onion juice for gargling. Onions, with their range of Vitamins such as A, B and C, and with nutrients comprising of folic acid, calcium, magnesium, chromium, phosphorous and iron, tend to have terrific healing properties, even as the antiseptic and anti-inflammatory properties of onions could be brought to bear on symptoms of cold such as sore throat and inflammation of the throat.

### **Ginger for Cold**

While the prominent characteristics of ginger immediately available for recall would be its carminative as well as anti-spasmodic characteristics, providing relief from symptoms associated with the gastrointestinal tract, the anti-inflammatory properties that ginger has inherited from its constituent compound gingerol comes in handy in the treatment and handling of cold and its symptoms. Ginger is used as one of the useful home remedies for cold, given its property of promoting sweating, which would help in detoxifying the body in the event of an infection.

### **Lemon With Ginger and Honey**

Lemon is an amazing little fruit that is full of goodness, making it one of the smart home remedies for cold. It's smart because it is good, tasty, wholesome and refreshing, with rich aroma and strong flavour that would satisfy your senses while serving the purpose of alleviating the symptoms of cold. The citrus fruit has a rich supply of vitamin C in it, a vitamin that is known to boost the immune system along with being an anti-oxidant. Further, lemon is a depository of niacin and thiamine, apart from its usefulness as an anti-bacterial and anti-inflammatory agent.

### **Holy Basil Leaves**

Cold has been controlled and the symptoms well alleviated when home remedies for cold have incorporated the goodness of Tulsi or holy basil leaves. The leaves of Holy Basil have long been revered in the books of Ayurveda, the form of treatment that relies on herbal and natural remedies for health conditions. Tulsi could be used as home remedies for cold by simply chewing a few holy basil leaves to boost your immune system.

### **Myrrh Oil Inhalation For Cold**



Myrrh is useful in treating many health conditions and ailments and myrrh pitches in as an effective home remedy for cold as well. Myrrh is found to have analgesic and antiseptic properties, apart from playing a role in increasing the white blood cell count in the body, which is body's line of defence mechanism against infections and cold. Myrrh serves as a powerful antioxidant, protecting body tissues from damage by free radicals.

### **Myrrh as Mouthwash**

As you would expect in an attack of cold, there could be rampant infection in the areas of the mouth, the throat and the buccal cavity. It takes a holistic approach to reduce inflammation and other symptoms associated with cold, and myrrh plays a role in here as well, doubling up as an effective herbal mouthwash, enhancing its usefulness as home remedies for cold.

You need to add a few drops of the essential oil to regular mouth rinses and mouth wash to make it a potent anti-inflammatory agent, as you could then use the gargle for instant relief from other associated conditions of cold such as sore throat and inflammation of the lining of the mouth and the buccal cavity.

**a. Myrrh Oil Precautions:** As with all herbal formulations, it is worth paying attention to the possible effects of myrrh on pregnancy. Myrrh is found to be an abortifacient and is not to be used by pregnant women, who could resort to other herbal treatments and home remedies for cold.



## Home Remedies For Cold Sores

There is utter confusion around the development of cold sores. Many people confuse cold sores with typical mouth ulcers or canker sores. Cold sores are called as fever blisters and are caused by the herpes simplex virus that is primarily acquired during childhood. They normally occur when the child or adult comes into contact with infected saliva. The virus can remain dormant in your body for years unless stress, flu or anxiety activates it.

The sores primarily occur in the mouth region, around the lips, outer mouth and sometimes even the tongue. The blisters are white in colour and often become large and painful. Luckily, they heal and disappear on their own in 7-14 days. To alleviate the discomfort caused by cold sores there are some simple home remedies that you can use and follow.

### **Home Remedies For Cold Sores**

#### Petroleum Jelly

Ensure that you keep the cold sores covered at all times to protect it from exposure. Petroleum jelly provides a thick layer of protection and sometimes even prevents the infection from being passed to another person. You can also use a mild anaesthetic agent like benzocaine on your cold sore. This helps to subside the pain and the burning sensation.

#### Lemon Balm

Lemon balm has anti-viral properties as per some recent studies. In a study, when people in a study group were asked to use lemon balm on their sores, they showed healing within 5-6 days. Lemon balm also decreases the frequency of the occurrence.

#### Peppermint Oil

Using peppermint oil has been found to be beneficial in the treatment of cold sores. The peppermint oil has strong, penetrative effects, which attacks the virus as soon as it comes into contact with it. However, it should be used only after the strictest of consideration as ingestion of even small amounts can prove to be toxic to the body.

#### Hydrogen Peroxide

Some people swear by hydrogen peroxide as an effective cure for cold sores. Just dilute the hydrogen peroxide in water and apply it onto your lips. Continue with this treatment for a few days and you will





see a definite improvement in your condition.

### **Ice It**

In the initial days, the blisters can become swollen and also spread to your entire mouth region causing acute swelling and pain. In such cases, it is better to ice the blisters. Apply the ice gently over the blisters. The ice has a cooling effect and also helps to bring down the swelling that may have occurred.

### **Toothpaste, Alcohol and Salt**

Take a blob of toothpaste and to it add just one drop of rubbing alcohol and salt. Now rub this mixture on your cold sores. You will feel an intense burning sensation but the blisters will soon dry up without spreading or becoming bigger.

### **Apply Sunscreen**

If you are susceptible to frequent bouts of cold sores, ensure that you protect yourself from heat. Never step out into the sun without applying sunscreen to your face and mouth region as a number of cases of cold sores are aggravated with the heat of the sun.

### **Practice Good Hygiene**

The first and foremost step that you can take to protect yourself and your family from the spread of the infection is to follow good hygiene. Always wash your hands especially if you have been touching your lips and mouth region.



## Home Remedies For Colds And Flu

Colds and flu are unavoidable conditions and however hard you may try you are likely to contract cold and flu several times in your life. It is not that whenever you get colds you will have flu. Flu is an infectious disease caused by a type of virus. The virus is transmitted through the air by droplets exhaled by already infected person through coughing or sneezing.

You will have runny nose, fever, muscle pain, sore throat etc. As flu is a viral infection you need to treat it with antibiotics. However, prolonged use of antibiotics may not be good for your health. These drugs sometimes have severe side effects. For this you can use some elements commonly found at home.

These elements have been found to be quite supportive of the traditional medicines. You can have your medicines and follow some of the home remedies. Let us look at some of the home remedies for colds and flu.

## **Home Remedies For Colds And Flu**

### Blow Your Nose

When you are suffering from colds and flu there is likely to be a buildup of mucus. You will feel a flow of mucus crowding in your nasal passage. This is discomforting. If you can blow away this you can clear the nasal passage and along with it some of the virus will also go out. So as often as you can blow your nose and clear the mucus.

### Ginger

Ginger is a very good anti-inflammatory element. It can cure sore throat very well. It can also clear the nasal passageway. It also has been found to be helpful in treating nausea. You can have slices of ginger with some salt. You can also have ginger tea. Take two cups of ginger tea one in the morning and another in the evening.

### Water

When you are suffering from flu your body gets dehydrated. This makes the mucus thick and it becomes difficult to expel it. Humidification will hydrate the body and dilute the mucus. This will help you to expel the mucus and get some relief. So drink at least 6 glasses of water per day.

### Gargle



A gargle with salt water can bring quite a relief to the sore throat. Salt is analgesic and anti-inflammatory in character and in combination with warm water it is capable of diluting the mucus, reducing the inflammation and alleviating the discomfort. So gargle your throat with salt water as often as you can.

### **Nasal Irrigation**

The congestion in your sinuses and nasal passage way is the most discomforting feature of colds and flu. Excess of mucus production blocks the nasal passage as well as the lungs. The mucus in the nasal passage can be cleared to some extent with nasal irrigation.

For this you need to take in water through nostril and take it out through another. This will be little difficult to practice initially, but with practice you can make it perfect.

### **Warm Liquids**

Warm liquids can help you to cough up some mucus, and breath easy. If you take chicken soup or vegetable soups you will also get the added nutrients so that the immune system can fight the infection better.



## **Home Remedies For Constipation**

Constipation is a very common gastrointestinal complaint among adults. It is characterized by a difficulty in passing bowels due to hardening of stools in the intestine. Constipation occurs as a result of infrequent bowel movements and also due to several other factors like diet, lifestyle, and certain diseases. Most cases can be treated and relief attained almost completely, though some cases of constipation can be chronic and can lead to bowel obstruction that can be life threatening.

### **Types Of Constipation**

There are two types of constipation identified in adults, namely idiopathic constipation and functional constipation. Idiopathic constipation does not respond well to standard treatment methods. However, functional constipation, the most common type of constipation, can be easily treated with the help of slight changes in your diet and lifestyle, and also with specific training sessions aimed at strengthening the pelvic muscles.

### **Causes Of Constipation in Adults**

Constipation can be caused due to primary, secondary, and in some cases congenital reasons. The most common causes that lead to constipation are lack of regular bowel habits, inadequate intake of water and fiber, intake of certain medications, lack of exercise, thyroid hormone disorders, mechanical problems of the rectum or anus, certain medical conditions involving nerves and connective tissues etc.

### **Home Remedies for Constipation**

Constipation can be easily and effectively treated at home with the help of home remedies. These remedies not only relieve you instantly, but also safeguard your health and prevent recurrence as well.

#### **Olive oil**

This heart healthy oil is one of the best remedies for constipation. Olive oil is a natural laxative and shields the gastrointestinal tract, triggering the secretion of bile, which aids in optimum digestion and excretion of waste material. Bile keeps the stools moist and also irritates the mucosa in the gut, thereby speeding up the movement of the stools.

One tablespoon of extra virgin and organic olive oil can be consumed in the morning before breakfast. For severe constipation, take one more tablespoon before lunchtime. Once the constipation is under control, you can keep taking one tablespoon of olive oil in the morning or incorporate olive oil in your daily diet.



## Flax Seeds

Rich in omega three fatty acids, flax seeds are also high in dietary fiber and hence used for treating a number of gastrointestinal disorders including constipation. The fiber in flax seeds help in swelling the stools and this results in smoother and faster elimination of bowels, toxins, and cholesterol from the body.

Taking adequate amounts of water, i.e. at least eight glasses a day will help in the process of bowel swelling and reduce the discomfort and irritation associated with the passing of constipated stools. Take one tablespoon of organic flax seeds and grind them thoroughly.

## Honey

Using honey for treating constipation has been in practice for centuries. Raw and organic honey is a natural moisturizing agent and humectant that it absorbs abundant amounts of water and makes the stools very soft. Adequate water content in stools stimulates the easy passage of fecal matter through the colon walls, without any pressure or friction. Take ten grams of honey an hour before breakfast.

A tablespoon of honey can be taken thrice a day as well for relieving constipation. Honey can also be taken along with a glass of warm water or added to a glass of warm lemon juice to enjoy its benefits. Ensure that the honey that you use a raw and organically prepared to enjoy its undivided healing action.

## Figs

Incorporating plenty of fiber in your diet will ensure that you do not suffer from constipation and other digestive disorders. Figs are a great addition to your diet as they contain high amounts of both soluble as well as insoluble fiber. The dietary fiber in figs adds bulk, softness, and weight to the stools, making it easy to slide down without friction and difficulty. It is also advisable to drink plenty of water along with this so that the effect is even more enhanced.

Figs can be consumed raw along with its skin as the maximum fiber is found in the exterior covering. Another way to consume figs is to boil 7-8 figs in water for ten minutes and then drink the water before bedtime. This will help in easy passage of stools early in the morning.

## Guava

One of the fruits that has never got its due respect when it comes to its healing and medicinal properties, guava is also an excellent laxative. Its laxative properties stem from the fact that Guava is rich in dietary fiber that adds bulk and softness to your stools.



Due to its power in retaining water, consuming guava is also a way to ensure that your intestine and excretory system is cleansed thoroughly and hardening of stools is prevented as well. One guava can be taken after your meals. It is important to ensure that you chew the seeds of guava as well as they too have laxative effects. Guava should not be taken too much as it can have the opposite effect on your stomach.

## **Other Treatments For Constipation**

### **Lime Juice**

Lime juice taken along with a glass of hot water and a pinch of salt, early in the morning is beneficial for treating constipation. Hot water kick starts the digestion process when taken early in the morning.

A combination of hot water and lime juice helps in cleansing the colon walls off all the fecal matter that could have hardened and caused constipation.

### **Prune Juice**

A natural laxative that can even be safely consumed by pregnant women and children, prune juice contains abundant amount of sorbitol, which has a laxative effect on your excretory system. Prunes are also rich in iron, potassium, and soluble and insoluble fiber hence great and nutritious addition to your daily diet. The sorbitol draws water into the stools and makes it soft and smooth, aiding in optimum bowel movement. The amount of dietary fiber in prune juice is very little and hence it must be taken along with adequate water to aid in smooth transition of bowels.

Soak the dried prunes in water so that they swell up and become plump and moist. After removing the pits, blend well and add enough water before taking. One or two cups daily is sufficient for treating constipation.



## Home Remedies For Cough

Cough is a condition that afflicts a person quite often. People of all age groups suffer from bouts of cough due to several reasons. Instead of opting for over the counter medicines for a normal attack of cough, you can try one of the numerous Home Remedies for Cough that is safe and effective. Home remedies for cough do not cause any side effects, unless you are allergic to a certain ingredient, even after taking it for a prolonged period of time.

## **Home Remedies For Cough**

### Honey And Ginger

Honey is antioxidant, anti inflammatory and it is a natural anti biotic. Honey has a soothing effect on the throat and it gives immediate relief from dry cough. Ginger has anti bacterial properties. It also builds up your resistance power against common allergies. It makes a powerful home remedy for cough when combined with honey.

Extract the juice of ½ inch piece of ginger, add it to 1 tea spoon honey and take it twice a day to relieve cough. Do not eat or drink anything immediately after taking this concoction.

### Lemon

Lemon contains rich amounts of Vitamin C, which strengthens the immune system and help to protect you against various types of infections. Lemon with honey is an effective home remedy for cough, it also induces sleep and you are able to have a comfortable sleep after taking it at bed time. Take 1 tea spoon lemon juice add 1 tea spoon honey and half a glass of warm water. Sip it slowly to relieve irritation and cough.

### Turmeric

Turmeric is a natural anti septic and anti biotic. It is popularly used in herbal medicines for various beneficial effects. It heals a sore throat and provides relief in cough. Take ¼ tea spoon turmeric powder, add 1 tea spoon honey. Eat it twice a day ½ an hour after meals to relieve cough. This remedy can be continued for a prolonged period of time to cure chronic cough.

### Milk and Turmeric

Take one glass of warm milk, add ¼ tea spoon turmeric powder and sip it slowly to relieve cough. Milk helps to provide energy and stamina which normally depletes after constantly coughing. Take this



mixture at bed time for a good night's sleep. This is especially beneficial in winters. Turmeric should always be taken in small amounts.

## **Basil**

Holy basil is an important feature of Hinduism. It is commonly grown in every Hindu household because of its medicinal and healing properties. Basil leaves help to expel phlegm from the respiratory tract, strengthen the immune system and help to cure cough. Take 8-10 basil leaves, 5 black peppercorns and chew it well.

Swallow the juices to soothe sore throat and to relieve cough. You may add a small piece of jaggery to remove the bitterness. Follow this remedy for 15 days. Boil 8-10 basil leaves in one glass of water and simmer it for 3-5 minutes. Sip the decoction slowly to treat cough. You may use this mixture for gargles as well.

## **Betel Leaf**

Betel has anti septic properties and is useful for treating cough and digestive disorders. To treat cough; take one betel leaf, wash it thoroughly, put 2 cloves and roll it. Eat it after meals to relieve cough. Roll a small piece of turmeric in betel leaf and chew it to treat persistent cough. To relieve disturbing cough at night, put ½ tea spoon Ajwain in a betel leaf and chew it at bed time.

You can also use betel leaf externally to soothe an aching throat. Massage your throat with warm pure ghee, lightly heat a betel leaf on a girdle and wrap it around the neck with the help of muslin. Leave it overnight.

## **Almonds**

Almond is highly nutritious. It contains lime, iron, phosphorous, magnesium, vitamin E, zinc and copper etc. it is helpful in treating dry and persistent cough. Chew 2-3 almonds one or two times during the day to prevent dryness in the throat.

Soak 5 almonds overnight, next morning peel and grind them to make a paste. Add 1 tea spoon mishri powder and eat it on an empty stomach. Follow the treatment for 15 days to treat chronic cough. This remedy will help to expel phlegm easily.

## **Jaggery**

Jaggery is antioxidant that helps to promote a strong immune system. It also contains potassium, calcium and phosphorous. Jaggery is eaten in various forms for health benefits and to prevent and





cure many ailments. To treat cough, take 15 grams crushed jaggery, bto it and eat it twice a day.

This home remedy works well for dry cough. Avoid drinking water or any other fluid for 20 minutes after eating the paste.Mix 2 table spoons crushed jaggery with 10-12 black peppercorns and eat it two times during the day.Sucking a small piece of jaggery at bed time will relieve you of cough during sleep.

## **Mustard Oil**

Mustard oil has immense healing properties. It is used in cooking and also for head and body massage. Mustard oil penetrates deep into the skin and help to relieve various types of ailments.To treat cough, heat mustard oil and massage it on your back and chest at bed time.

It will remove chest congestion and help you to breathe easily.Apply warm mustard oil on the soles of your feet at bed time and cover the feet with cotton socks. You will have a peaceful night without the consistent cough disturbing your sleep. This remedy works wonders for small children.

## **Herbal Tea**

Tea prepared with different types of herbs and spices is a wonderful home remedy for cough. It boosts stamina and has a soothing effect on the throat. It relieves irritation and itching in the throat that occurs due to constant coughing.

Take ½ inch piece of ginger, 5-7 black pepper corns, one small green cardamom and one small piece of cinnamon stick. Boil the ingredients in one glass of water till it is reduced to half. Strain it and add ½ tea spoon honey to sweeten it. Sip it slowly while it is still hot.

## **Recommended Natural & Herbal Products**

- [G-Kof Capsules For Cough](#)
- [Licorice – Cough Relief](#)



## Home Remedies For Cracked Heels

Cracked heels are a common problem among men and women alike. Cracked heels occur not only due to dry weather condition, it is also a sign of neglect on part of the person who is suffering from cracked heels. Women are more prone to cracked heels as their feet are mostly exposed to dust and rough weather conditions.

Hardly anyone pays as much attention to foot care as they do for their facial skin care. Cracked heels can be painful and they present an unpleasant sight. Cracked heels can spoil the beauty of your whole appearance if not taken care of. Foot care is not a difficult regime to follow. A little bit of regular foot care with simple home remedies can easily prevent cracked heels.

## Home Remedies For Cracked Heels

Foot care starts with washing and scrubbing your feet with warm water to remove dirt and grime whenever you have been outdoors. Warm water helps to relax the feet and moisturize them to prevent cracked heels. You must clean your feet thoroughly before going to bed.

### Turnip

Peel, chop and boil one piece of turnip. Mash it well and apply on cracked heels. Leave it on for at least two hours. Wash feet with warm water and cover them with socks. Do this treatment daily for one week and twice a week after your heels begin to heal. Turnip is a natural gel and it is an effective remedy for cracked heels.

### Vinegar And Olive Oil

Take apple cider vinegar and olive oil in equal proportions. Mix them well and store in a glass jar. Apply on your feet daily at night and wear socks to let the solution work better. This solution removes tan and help to smoothen the cracks in your heels. Make sure that your feet are clean before applying the solution.

### Glycerin

Glycerin is a natural moisturizer and it fastens the healing process of cracked heels. Make a solution with one part glycerin, one part lemon juice and two parts of rose water. Store it in a jar and apply as and when needed. This is an excellent remedy for cracked heels and you can use it throughout the winters to maintain beautiful feet.

### Homemade Foot Scrub



Scrubbing helps to exfoliate dead skin cells and it makes your feet soft and smooth. Take gram flour, rice flour and fuller's earth (multani mitti) in equal proportion. Add juice of half a lemon and milk to make paste.

Scrub the paste on wet feet for one minute and scrub your heels in circular motion to remove dead skin cells. Wash feet with warm water. Dry the thoroughly and apply moisturiser. Wear socks to protect your feet from dust.

### **Homemade Foot Pack**

Mash a full ripe banana, add one tea spoon honey and half tea spoon lemon juice to it. Mix well and apply on cracked heel for half an hour. Wash feet with warm water and cover them with socks. You must take a pedicure at least once in a fortnight to prevent and treat cracked heels.



## Home Remedies For Dandruff

Dandruff is one of the most common issues related to the skin faced by people, marked by shedding of dead skin cells from the scalp. Dandruff gives rise to white flakes of skin falling off the scalp on to the shoulders or the face, which could be a potentially embarrassing situation. Dandruff becomes an even more acute problem when the rate at which old cells die and fall away increases, coupled with itching of the skin associated with dandruff formation. Any flaking of the skin to the extent of almost 500,000 cells / square centimeter is considered normal. However, people affected by dandruff tend to have close to or over 800,000 cells per square centimeter, which is indicative of the dandruff problem.

Dandruff is more of a psychologically distressing problem, as in some cultures, dandruff is considered aesthetically displeasing and could lead to embarrassment, especially when associated with falling dead skin and white powder-like substance which may be obvious to look at, coupled with the inevitable itching sensation which may be overpowering and irresistible to scratch. Dandruff formation is chiefly associated with keratinocytes and their immunological reactions. Keratinocytes form the outermost layers of the human skin, lining the layer of epidermis, whose primary function is to protect the skin from the harmful effects of the environment.

While dandruff action could be found in all seasons, it has been found that the severity of dandruff tends to fluctuate with season and is often worse off in winter than it is in the case of sunny summers. It has often been speculated that one of the reasons for the fluctuation has to do with exposure of the skin to UV rays, as skin has tended to exhibit lesser dandruff activity when it has got exposed to the UV rays from the sun.

## Home Remedies For Dandruff

### Lemon

Lemon has been thought to be effective in dandruff treatment, and the best way you could use lemon as a home remedy for dandruff is to squeeze some lemon on to coconut oil, warm it up and apply gently on the scalp. Massaging coconut oil with lemon on the scalp on a regular basis helps in cleansing the skin and in exfoliation, thus proving to be an effective natural remedy for dandruff.

### Massaging and Brushing

They may sound like simple stuff, but the fact is that regular massaging of hair with oil and brushing your hair tends to increase blood circulation among the scalp, which is known to deter dandruff formation. Regular massaging, apart from increasing blood circulation, also dislodges skin flakes and cleanses the area, thus reducing dandruff formation.



## Grapefruit Juice

Grapefruit juice is a good source of Vitamin C and is thought to have anti-fungal properties. If you have dandruff problems, you could combine your current anti-dandruff regimen with grapefruit juice. Drinking a glass of grapefruit juice while you continue a practice associated with dandruff control, such as switching anti-dandruff shampoos, is found to have a complementary impact on dandruff control. Further, grapefruit seed extract is also thought to be effective in treatment of skin conditions such as dandruff. If you are looking for home remedies for dandruff, you may as well give grapefruit a serious consideration.

## Aloe Vera

Aloe Vera is a wonder drug from nature which can help you deal with a host of medical problems and ailments. The good thing about Aloe Vera is that it works both on the outside as well as on the inside. Aloe Vera extract is available as gel that could be applied to the skin and can be massaged on to the scalp, proving to be affective home remedies for dandruff.

Aloe Vera gel could be massaged on to the scalp, left for a few minutes and could then be easily washed off, as a quick remedy for dandruff and to bring an end to itchiness. Further, dandruff formation is also associated with excessive toxicity in the body, which could be controlled with Aloe Vera consumption. Aloe Vera is known for its abilities to detoxify the system and remove the toxins,

thus cleansing the system in the process. Drinking of Aloe Vera juice would provide a host of benefits to the health and wellness, apart from being a useful supplement to external application of Aloe Vera gel as a useful home remedy for dandruff.

## Oil Massage

The scalp needs massaging as well as oil on a regular basis, and there are many natural forms of oil that could be massaged on to the scalp. Some of the oils that could be safely massaged on to the scalp for effective dandruff control would include coconut oil, sesame oil and olive oil. These oils could be warmed up slightly and massaged for a few minutes, to be left on the scalp for a few more minutes. They could then be washed off using shampoo and rinsed. Regular application of these oils is considered a useful home remedy for dandruff.

## Take

Another important naturally available ingredient that could be used to treat dandruff effectively is neem. Neem oil has numerous benefits, and one of them is dandruff treatment. Neem oil could be mixed with coconut oil and could be massaged on to the scalp and left to soak for a while, before being washed off with shampoo, as an effective natural remedy for dandruff.



## **Apple Juice**

Apple is one fruit that has many benefits. Apple juice, which is a storehouse of vitamins and minerals, comes in handy as a home remedy for dandruff as you apply fresh and pure apple juice on to the scalp and massage gently before washing it off with water.

## **Olive Oil**

It is important to maintain the right levels of moisture in the scalp to keep it dandruff free and olive oil is known for its moisturising effects on the scalp. You could warm olive oil slightly and apply it on the scalp to be left overnight. You could wash it off with mild shampoo the next morning as a useful home remedy for dandruff.

## **Almond Oil**

Almond has long been known for its medicinal properties, and almond oil is also considered to be good for the hair roots. Massage almond oil mixed with coconut oil, leave for a while and rinse off.

## **Sesame Oil**

You could warm up an ounce or two of sesame oil and apply on the scalp to leave it overnight. You could add a slice of lemon, scrubbing it on the scalp before you wash it off with mild shampoo as an effective home remedy for dandruff. Sesame oil is rich in a whole range of minerals such as copper, manganese, calcium, magnesium, iron, phosphorous, selenium and zinc, many of which are important for healthy scalp and hair.

## **Fenugreek Seeds**

Fenugreek seeds have been known to cure many health issues and ailments. Fenugreek seeds could be soaked in water overnight and could then be ground and applied on to the scalp, left for a few minutes and rinsed off, as a natural remedy for dandruff.

## **Flaxseed Oil**

One of the traditionally used home remedies for dandruff involves flaxseed oil. Flaxseed oil is known for its vitamins and minerals, ranging from vitamins A to K and a long list of minerals including calcium, iron, manganese, magnesium, selenium, zinc, sodium, copper and iron. It would be a good idea to apply flaxseed oil on to the scalp, leave it to seep into the scalp for a while and wash it off with regular shampoo.



## **Sunlight**

As has been mentioned earlier, dandruff is found to respond positively to sunlight, probably because of the exposure to UV rays. It is best to get exposed to natural sunlight for a few minutes every day, which in itself could be a deterrent against dandruff.

## **Vinegar**

You could prepare a mixture of vinegar in water in equal volumes and apply it on the scalp with gentle massaging action before bed time. You could leave it on your scalp overnight and wash it off the next morning with gentle shampoo as effective home remedies for dandruff.

## **Diet And Lifestyle for Dandruff**

### **Diet**

While most of these external measures would go a long way in controlling dandruff the natural way, you could also try your hand at opting for a safe diet that is full of natural goodness. Cut down on fried and deep fried food stuff, as well as on junk food, and focus instead on natural food and a lot of fresh vegetables. Consumption of fresh fruits and green vegetables, sprouted seeds, snacking on raw nuts and munching on an abundance of cereals are some of the natural remedies for dandruff.

### **Fresh Fruits and Juices**

Drinking of fresh fruit juices as well as extracts of fresh vegetables and vegetable soups would also cleanse the system and detoxify the body, which would have a direct effect on dandruff formation, thus proving to be a natural remedy for dandruff.

### **Switching Shampoos**

If your favourite brand of anti-dandruff shampoo that you've been using for long doesn't deliver a dandruff-free scalp, it may not be because of the shampoo's inability, but it could be that your body has got immune to the same kind of anti-dandruff shampoos. Anti-dandruff shampoos have a special formula that is capable of fighting dandruff, but with time and with frequent usage, the skin gets resistant to the shampoo brand and the brand may seem to have got ineffective.

The best way to counter this is to have three brands of anti-dandruff shampoos as your favourite, and keep switching among them every month. This way, you could choose brand A for a month, brand B for the second month and brand C for the third month, and when it is time for the fourth month, you



may return to brand A. Switching among three brands of anti-dandruff shampoos that have different formulations is among some of the effective home remedies for dandruff.

## **Keep Washing Your Hair Regularly**

If you have dandruff problems, the last thing that you would want is to leave your hair unwashed for days together. It becomes even more important to wash and rinse your hair if you are into physically strenuous activities that might make you sweat. Perspiration that is not followed by a thorough wash

may not be good for scalp prone to dandruff as sweat has a tendency of irritating the scalp, speeding up scaling of the scalp in the process. The habit of regular washing of the scalp and rinsing of the hair has to go with home remedies for dandruff.

## **Water**

Sometimes, the seemingly simplistic remedies turn out to be the most effective solutions to problems. Dandruff may be a problem alright, but it could also be symptomatic of dehydration. It is important to drink sufficient quantities of water to ensure that your body is supplied with the right amounts of water and kept hydrated.

This in itself could be a home remedy for dandruff. However, it is important that you do not consider every liquid as water when you actually need to drink water – dehydration is best dealt with using water and the habit of drinking at least 2 litres of water a day might very well do the trick for you.

## **Vitamin B**

It takes healthy hair and scalp to be able to manage dandruff effectively, and Vitamin B supplements help towards maintaining healthy hair and scalp.

You could get good amounts of Vitamin B into your system using food products such as turkey, tuna, lean meat, whole grains, potatoes, bananas, lentils and beans. Supplementing your body with Vitamin B while you administer other home remedies for dandruff would work in your favour and in favour of a healthy, dandruff-free scalp.

## **Selenium**

Selenium plays an important role in the overall health of hair, promoting hair growth to maintaining a healthy scalp and prevention of dandruff. If you have dandruff problems, it could also be a reflection of selenium deficiency – selenium is a powerful antioxidant, preventing the body tissues from being damaged by the harmful effects of free radicals, while also protecting skin and the scalp from the harmful effects of the sun and other atmospheric pollutants. Home remedies for dandruff could work





effectively when supplemented by natural sources of selenium, as may be found in liver, butter and garlic as well as fish.

## Vitamin A

Vitamin A plays many roles in the growth and development of the body, and hair growth as well as promoting and maintaining a healthy scalp is one of them. As noted earlier, the right amount of moisture is required in the scalp to create the right environment for healthy scalp. Vitamin A deficiency could lead to dryness of hair and the scalp, which could lead to hair loss and create conditions conducive for dandruff.

You could get sufficient amounts of vitamin A from sources like liver and eggs, dandelion, carrot, broccoli, sweet potatoes, spinach, pumpkin and collard greens, milk and cheese products, as well as from fruits such as apricot, papaya and mangoes.

## Vitamin C

Vitamin C's properties include prevention of hair fall, promotion of hair growth and maintenance of healthy scalp that are free from dandruff. You could apply Vitamin C extracts directly on to the scalp or you could include Vitamin C in your diet from chosen sources for preventing dandruff. Vitamin C helps in collagen synthesis, which is essential for muscle, bone and tissue formation in the body – this reflects in the formation and maintenance of healthy scalp.

Vitamin C deficiency leads to weakening of the hair and makes hair vulnerable to other conditions such as hair loss and dandruff formation. The rich sources of Vitamin C include grapefruit, orange, lemon and Amla or the Indian gooseberry, along with blueberries, papaya, oranges and kiwi fruits. Many of these fruits and their juices are suggested for hair related problems such as hair fall or dandruff, as you pursue some of the other popular home remedies for dandruff.

## Vitamin E

Dandruff is caused by dryness of the skin, which leads to the formation of flaky and scaling skin on the scalp. The right amount of blood circulation is necessary for the scalp to have the right moisture and nutrients, which would promote healthy scalp. Vitamin E has the property of growing capillaries and maintaining a healthy circulatory system, which, in turn, provides nourishment to hair follicles in the scalp.

Not only does this promote hair growth and prevent hair loss, but also helps in keeping dandruff at bay. Vitamin E plays a major role in repairing dryness of hair and scalp caused by a variety of reasons such as exposure to the pollutants in the environment, and also rectifying damage caused by use of hair dryers and other chemicals on the hair. You could use vitamin E oil on the hair and the scalp to



prevent dryness of hair and scalp even as you use some of the other home remedies for dandruff – regular use of Vitamin E on the scalp moisturises it and keeps the hair soft and healthy.

## **Vitamin B6**

Vitamin B6 has the potential to promote hair growth, arrest hair loss and maintain healthy scalp. It is found that Vitamin B6 works by regulating hormones and helping the scalp maintain its natural moisture levels in the process, working against dandruff and in line with home remedies for dandruff. You could get good supply of Vitamin B6 in your system from sources such as nuts, legumes, whole grains, beans and meat.

## **Omega-3 fatty Acids For Hair Growth**

Omega-3 fatty acids play an important role, among others, in skin care and in hair growth. It is found that Omega-3 fatty acids are essential for supporting hair growth and in maintaining a healthy scalp that promotes hair growth. Deficiency in omega-3 fatty acids could reflect in dryness of the hair and the scalp, which could lead to hair loss and to other issues of the hair and the scalp as in the case of dandruff problems.

Omega-3 fatty acids could be obtained from fatty fish such as tuna, salmon, mackerel, herring and sardines, as well as from vegetarian sources such as Soybeans, walnuts, flaxseeds and canola oil. Having an adequate supply of Omega-3 fatty acids would go well with the other initiatives that you take towards home remedies for dandruff.

## **Recommended Natural & Herbal Products**

- [ZYX Hair Loss Cream](#)
- [Bhringraja – Hair and Skin Care](#)



## **Home Remedies For Dark Spots**

When you are a woman, you have to be a wee bit extra careful about your skin, especially the skin on your face. Even a single black spot could give you sleepless nights and make you answerable to a number of queries from friends and enemies as well. Did you notice one of those flat and round spots on your face recently? They are black or brown in colour and are becoming difficult to hide, especially when you have skin that is very fair. Dark spots as they are called are the result of melanin precipitation in certain areas of your skin. These could be triggered due to too much exposure to sun or even because you are genetically predisposed to it.

Dark spots are unfortunately more prominent on the facial skin and areas like the arms, shoulders, neck and back where the sun exposure is most. They generally start appearing after the age of fifty though youngsters too get them due to over exposure to sun and other factors. Dark spots are not a skin disease or disorder and hence should not be mulled over too much. However, they are a huge cosmetic concern to many and must be dealt with at no cost. If you worry too much, there are certain home remedies you can try out before you go after false promises of skin specialists and medications who are out there only to churn your money.

### **Best Home Remedies For Dark Spots**

#### **Fresh Lemon Juice**

A simple, yet effective remedy in treating dark spots, lemon juice can be rubbed on your dark spots two times a day. Allow the juice to dry naturally and leave it on for half an hour. Lemon is a natural exfoliating agent and a bleach and helps in removing the top layers of skin and lightens the skin, thereby preventing your dark spots from being seen. Apply lemon juice for at least 2 months for getting good results.

#### **Onion Treatment**

Onion is known for its skin lightening properties. Slice a red onion and rub on the dark spots. The juice of onion will impart its bleaching action and help lighten the dark spots considerably. Onion is also an exfoliating agent and will help in removing the surface layers of skin to reveal the new and clearer skin underneath. Apply onion two times a day and leave it on without washing.

#### **Mixed Juices**

Certain juices that are acidic in nature can be used as an exfoliating and bleaching agent for lightening and sloughing off the dry and damaged layers of skin on the face. For making a mixed solution of juices, take one part orange juice and two parts apple cider vinegar and mix well. Apply this on the



dark spots for a great peeling and bleaching treatment. Instead of orange juice, lemon juice too can be used for this treatment with the same effect.

### **Dandelion Remedy**

Dandelion sap can be used for treating dark spots effectively. Pluck a dandelion and apply the sap that is oozing from the stem on your dark spots. Continue this treatment until your dark spots are visibly lightened and cannot be seen anymore.

### **Aloe Vera Treatment**

Aloe vera gel, a naturally occurring plant enzyme too has wonderful skin reviving properties and can be used for treating dark spots. Pluck an aloe vera leaf and dab it directly on the dark spots every day. Continue doing it and feel your skin evolving into a fresh and glowing texture within days, along with removal of dark spots almost completely.

### **Vitamin E Oil**

Being an antioxidant, vitamin E helps in evening skin discolorations and fading dark spots and other blemishes on the skin. Massage vitamin E every day on the skin for great results. A pure form of vitamin E can be used for this treatment in order to take the best benefit from this remedy. Applying vitamin E every day on your skin will also help in preventing dark spots.

### **Hydrogen Peroxide**

Hydrogen peroxide is a common ingredient in all bleaching creams and products that you find in the market. It can be got from drug stores. Application of hydrogen peroxide directly on the dark spots will help in lightening them and removing them completely.

### **Lactic Acid**

Lactic acid is a skin bleaching as well as exfoliating agent. Buttermilk which contains lactic acid can be used for treating dark spots. Apply on the dark spots twice daily. With frequent application, the top layer of the skin will be removed, along with the dark spots and the spots start fading with every application.

### **Glycerine**

Dark spots can be treated with glycerine as well, as glycerine can rejuvenate the skin back to its original texture. Creams with a glycerine base can be used for treating dark spots. Alternately, for preparing a cream to fade away your dark spots, get glycerine from the drug store. Take an herbal



cream that suits your skin well and add a few drops of glycerine into it. Mix it well into the cream and use the cream every day for lightening the dark spots.

### **Buttermilk And Honey**

Mix buttermilk along with honey to form a thick paste and apply on the dark spots. Leave it for about 15 minutes before washing it off to remove the dead skin cells that were accumulated on top. You can use a mild cleansing solution for removing the dead cells.

### **Peaches**

Peaches can be used for lightening the dark spots and also for skin toning. Mash peaches and add them along with your favourite cream. Leave it on the face for 20 minutes every day and see how light and bright your skin has turned to be.

### **Sunscreen Lotion**

A good sunscreen lotion with an SPF of 15 is all you need to prevent dark spots. Sunscreen must be used whenever you are out to protect your skin from further attacks of dark spots. Sunscreen will not only protect you from dark spots, but also from the harmful effects of UV rays which can even cause sunburns and skin cancer.



## **Home Remedies For Dark Under Eye Circles**

The skin under the eyes is thinner and more delicate than it is elsewhere on the face. It is devoid of sebaceous glands responsible for secretion of natural oil in the skin, that is why the skin under the eyes is not as elastic as the rest of the skin and is more delicate.

Though more common in grown up people, at times even children are also seen with the dark circles under the eyes.

### **Causes of Under Eye Circles**

Dark circles under the eyes can develop because of hereditary factors. More often it is illness, deficiency or neglect. It can also be due to stress and lack of sleep. The reasons can be allergies, high blood pressure or even consumption of alcohol. At times pregnancy or the sinus infections also end up in getting the dark circles under the eyes.

They may also happen because of the rubbing of eyes due to rashes, itching, irritation or just habitual rubbing.

### **Types of Under Eye Circles**

#### **Dark Circles**

The dark circles are the result of increase of melanin, the pigment responsible for giving dark colour to the skin.

#### **Eye Bags and Puffiness**

They are also types of under eye circles, but generally people refer to dark circles which form under the eyes.

## **Home Remedies For Under Eye Circles**

### **Iced Water Compress**

Apply an iced water compress every day. Dip a clean face towel in ice cold water, squeeze it, close your eyes and put this towel on your eyes. Change it when it is no more cold. This will diminish under eye circles. Do this therapy for 15 minutes. Do not overdo it.



## **Cold Milk**

Milk is a natural cleanser and it nourishes the skin. Apply cold milk on your eyelids and under your eyes every day, rinse it after 15 minutes. This will improve the dark circles.

## **Cucumber**

Cucumber juice is the most hailed and the most common remedy. It should be applied twice a day for 15 minutes and then rinsed. But the best is that you squeeze the juice out by grating them. You can also go the easy way, put thin slices of cucumber on your eyes and keep them for 15 minutes.

## **Potato and Cucumber**

For puffiness, mix the juices of raw potato and cucumber in equal quantity and apply the same way as mentioned above.

## **Lemon and Cucumber**

Lemon juice can be mixed with cucumber juice and applied for 15 minutes. Lemon is a good bleaching agent. Wash and pat your skin dry.

## **Tomato**

Every household has tomatoes in their kitchen, this is a helpful and handy recipe to remove under eye circles. Tomato juice makes the color of the skin light.

## **Turmeric**

For dark circles, use turmeric and pineapple juice. Make a paste of these and apply it on the affected parts. Leave it for 15 to 20 minutes and wash after that.

## **Mint**

Crush some mint and apply it on your under eye circles.

## **Orange Lentil Flour**

Grind the orange lentil into a fine powder, mix with it some turmeric powder, fresh tomato juice or even puree will do, some lemon juice. Make a paste by adding water. Apply this paste for about 15 minutes around your eyes and rinse after that.



## **Almond Oil**

Almond is a an excellent nourishment for the skin. Just one drop of this oil is enough for an application on both the eyes.

## **Diet and Lifestyle**

### **Drink Water**

The adequate water intake can go a long way in looking after the dark circles of the eyes.

### **Sleep**

You must sleep for 6 to 8 hours every day. Those who do not take adequate sleep are likely to develop dark circles under their eyes. It is a misconception to work day and night and try to catch up on the missed sleep at the weekends. It takes its toll and your dark circles may be because of lack of sleep.

### **Sunscreen**

Using sunscreen when you go out may be helpful to you. Sun increases the production of melanin, the dark pigment.

### **Avoid**

Avoid rubbing your eyes. Rubbing increases the dark circles.

### **Manage Stress**

Stress is the cause for many ailments. Under eye circles can be one more outcome of the increased stress levels. If it is so in your case also, then try to figure out what can you do to be stress free. With intelligent, wise and sustained efforts a lot of stress can be removed. One of he ways to get rid of stress is to go for a jog. do exercise, meditate, do pranayama, and yoga.

### **Reduce Salt Intake**

Eating excessive salt results in impaired blood circulation and this makes the blood vessels under the eyes look more blue than the usual.





## **Quit Smoking**

Many smokers have the dark circles, and these circles disappear after they quit smoking.



## **Home Remedies For Dark Underarms**

Dark underarms are usually a cause of concern for a lot of people. Although some of the famous deodorant brands promise to get rid of this condition, they are generally not very effective. Dark underarms make people conscious when they wear a swimsuit or sleeveless dresses.

Accumulation of dead cells, excessive sweating, hair removing creams, shaving, use of alcohol-based antiperspirants and deodorants are the reasons for dark underarms. You can get rid of this problem with the help of home remedies, which are not only safe, natural, effective, and affordable, but they do not have any side-effects as well.

## **Home Remedies For Dark Underarms**

### **Lemon**

Besides being a natural cleanser, lemon also has antiseptic and anti-bacterial properties. Hence, it is used in treating various skin related issues including dark underarms. Rub a slice of lemon on the affected area to remove dead cells and improve the skin tone as well. Wash the area thoroughly after some time. Also, it is important to apply a moisturizing cream on the affected area, as lemon juice can result in skin dryness. Alternatively, you could apply a paste of turmeric and lemon juice. Leave for about 10 minutes and rinse the area.

### **Vinegar**

Mix strong vinegar and rice flour together to form a paste. Apply this on the affected underarm area after taking a shower. Leave the paste for about 10 – 15 minutes and wash off with water. Besides lightening the skin tone, this remedy will also help in killing the bacteria and germs that cause underarm odor.

### **Gram Flour**

This is another great ingredient that helps to get rid of the problem. This homemade whitening pack can be made by using gram flour with turmeric powder, lemon and yogurt. Mix all the above ingredients to form a paste (thick consistency) and apply it to the affected underarm area. Leave for at least 30 minutes and rinse it with cool water. Repeat the process three times per week to get quick results.

### **Rosewater And Sandalwood Powder**

Mix together sandalwood powder (2 tsp) and rosewater (2 tsp), use this mixture to massage the



underarms. Leave the paste for after 30 minutes wash off with lukewarm water. Sandalwood has skin lightening properties. Rose water has a cooling effect and also makes the skin softer. The natural fragrance of sandalwood helps to remove bad odor caused due to sweating. If the remedy is followed regularly, you can get a lighter skin tone in a few days.

### **Baking Soda**

Scrubbing your underarms on a regular basis will lighten the skin. You can make a natural skin scrub by mixing baking soda and water. Scrub your underarms using this paste, which will help in removing the dead skin-cells that are accumulated in the area.

This is also one of the major causes for dark underarms. The scrub helps in unclogging the skin pores as well. Alternatively, you can dust the baking soda after washing your underarms with water. This will lighten the color of the skin.

### **Orange Peel**

Orange peels are quite effective in lightening the skin tone. Dry the peels in sun for a couple of days.

Powder the dried peels and store them in a container. Use whenever needed. Mix powdered orange peels, milk and rose water to form a paste of thick consistency. Use this to gently scrub the dark area for around 10 – 15 minutes. Finally, wash with water. This will get rid of dead skin cells.



## **Home Remedies For Dehydration**

Water is essential for our body as it helps in the smooth functioning of our organs and is required to maintain the health of the body's tissues. Our body keeps losing water due to the different processes that are going on inside and outside.

We need to keep replenishing this lost amount by drinking water every now and then. If we do not do so, it leads to a condition called dehydration that can get fatal if not treated on time.

### **Types of Dehydration**

A mild dehydration causes slight headache, thirst, dry mouth and dizziness. It can easily be treated by having plenty of fluids. Severe dehydration can result in more severe symptoms and may even require medical attention.

### **Symptoms of Dehydration**

A mild dehydration results in headache, less and dark urine, dizziness, nausea and weakness. Your mouth and lips will feel dry and you will feel very thirsty. Dehydration can cause muscle cramps in the legs and arms. Severe dehydration can cause mental disorientation, blue lips, a severe headache, fainting, and the speech gets slurred.

### **Causes of Dehydration**

When the water you lose happens to be less than the water you consume, it could cause dehydration. If you are into heavy exercises, and you do not drink enough water, it could cause dehydration. Some medications that you might be having may also cause dehydration. Any illness, such as diarrhea, high fever, etc. that causes fluid loss, can lead to dehydration.

### **Risk Factors of Dehydration**

Small children and the elderly people are more at risk of developing this condition as they do not sometimes have water themselves and have to be reminded. Those who do heavy exercises are also at risk. If you live in a very hot climate, you must remain well hydrated. People with certain illnesses and those on certain medications are also at risk.

## **Home Remedies for Dehydration**

### **Rehydration Solution**



The first thing to do when a person is dehydrated is to try and restore the lost electrolytes in the body. Take a litre of boiled and cooled water and add a tablespoon of sugar to it. Also add a teaspoon of salt and mix this solution well. Let the patient sip on it slowly. You can even add some mint to it for a nice flavor.

### **Green Coconut Water**

Coconut water contains a lot of electrolytes, and is very hydrating. It is one of the best home remedies for dehydration. Due to its high mineral content, especially potassium and zinc, it is very beneficial when given to a dehydrated person.

The best part is that it has a consistency similar to blood plasma and can be easily absorbed by your body. It is also very low in sugar and low calorie, too. So, if you are dehydrated drink coconut water to replenish your body with all this nutrition.

### **Yogurt and Buttermilk**

Yogurt is a popular home remedy for many ailments as it provides us with good bacteria that is beneficial for our digestive system. It is also very useful, if you are dehydrated, as it helps restore normal potassium and sodium content in your body. So, have a bowl of yogurt twice a day to cure dehydration.

Adding a teaspoon of fenugreek powder will enhance its benefits. Also called Lassi in India, buttermilk is a traditional health drink which is made by churning a little home-made curd with water. To this mixture, a little salt and cumin seeds are added. Add some dry ginger powder to this drink and have three to four times a day. It will cure your dehydration effectively and will help with the digestion as well.

### **Watermelon**

Watermelon contains potassium, calcium, sodium, iron, magnesium and phosphorus. It also contains a natural anti-oxidant called lycopene. It is an effective home remedy for treating dehydration as it consists mainly of water and is very fibre-rich. So, eat it as such, or blended as a juice, to get its best health benefits and enjoy the flavour as well as taste. It will replenish your body with all the lost electrolytes.

### **Banana**

If you are suffering from a serious dehydration problem, bananas are the most ideal fruits for you. They have good water content and are rich in potassium. Eating bananas will restore your low



potassium levels and cure your dehydration effectively.

### **Lime Juice**

Lime juice is good for you if you are suffering from dehydration. It contains plenty of water and natural electrolytes. Add a pinch of salt, and a teaspoon of sugar, to a glass of freshly squeezed lime juice. Sip this juice throughout the day to replenish your body with the lost electrolytes.

### **Rice Gruel**

Rice gruel, also called congee in India, is a perfect home remedy for dehydration. It is also given to a person with high fever as it is light on the stomach and nourishes as well. Soak a cup of rice for half an hour. Then, cook with four times the water and a little salt.

Try this rice stock for curing your dehydration problem. It works really well! As you recover, some cooked chicken or vegetables can also be added to it.

### **Epsom Bath**

Dehydration leaves your body weak and fatigued. An Epsom bath helps magnesium absorption through your skin. This assists in reducing inflammation and fatigue in your sore muscles. Epsom salts also contain sulphates which aid absorption of nutrients as well. An Epsom bath will help restore proper nutrient balance in your body.

### **Drink Plenty of Water**

Just as a car will not function well without fuel, your body needs water to help it function properly. If you do not drink enough water, you tend to get dehydrated. So, drink at least three to four litres of water daily if you are still recovering from dehydration. And, continue to drink at least two to three litres every day.

### **Diet for Dehydration**

Dehydration leaves your body weak and drained of essential electrolytes and minerals. It is important to eat light meals while you are recuperating in order to avoid putting strain on your digestive system. Eat lots of fibre-rich fruits which have high water content. This will provide you with lots of water as well as aid in digestion. Avoid meat and oily food as far as possible. Include lots of legumes, beans, sprouts, and whole grains in your daily diet.



## Home Remedies For Depression

Depression is a mental disorder in which the patient feels low in life and shows a general tendency of lack of interest towards self and life. This is accompanied by a feeling of sadness. Sometimes, this is also accompanied by physical discomfort.

Depression affects a large number of people every year. It is so prevalent that a few doctors choose to call it 'common cold' of emotional disorders. Among them, a substantial number of people opt for anti-depressant drugs. Though anti-depressant drugs have proved to be helpful in patients who suffer from moderate to severe depression, people with mild depression should always first try the home remedies to address the problem of depression. Home remedies help keep depression in check.

### Types of Depression

There are broadly six types of depression. The first three are common types of depression and the later three are the less common and are mild types of depression.

**Major depressive disorder** - clinical depression. Patient admits it as a disease. Constant low mood for 2-3 weeks at a stretch.

**Manic depression (bipolar disorder)** - Episodes of happiness and depressiveness alter.

**Dysthymic depression** - Chronic disorder. Patient does not admit to be depressed.

**Situational depression** - a given unfavorable situation gives rise to a temporary depression.

**Psychotic depression** - patient usually blames himself for a thing he/she has not done. A general guilt feeling.

**Endogenous depression**- it generates from internal factors like worry and stress.

### Symptoms of Depression

Symptoms of depression varies from individual to individual. However, there are some common symptoms which give an indication of depression. Sudden loss of interest in things or activities is one of the characteristics of depression. A depressed person shows sudden decrease or increase in appetite. They also either go into period of sleeplessness or they over sleep. They feel guilty for pity things and feel that they are to be blamed for everything. They also try to avoid social gatherings stating tiredness as a reason for everything. In extreme cases, they display suicidal tendencies.

### Causes of Depression

Depression can be triggered by any unfavorable event in one's life. also if there is a family history of depression in a person's life, he is likely to suffer as well. A person's environment, his upbringing, his/her society plays a role in triggering depression. An unhappy childhood can become a reason for



depression.

## **Home Remedies for Depression**

### **Exercise**

Exercise, in general, elevates mood and curbs any kind of depression. It alters mood regulating brain chemicals nor-epinephrine and serotonin. These chemicals boost the mood. Any form of exercise be it brisk walking, running, cycling, weight lifting or rope jumping is helpful in curing depression.

### **Regular Sleep**

It has been observed that lack of sleep for a certain number of consecutive nights can lead to decreased production of serotonin which in turn boosts depression. One should try to get at least eight hours of sleep every day. Also, one should follow the routine of sleeping diligently, sleeping and waking up at the same time every day. Sleeping and waking at the same time helps body follow an internal rhythm and the individual thus sleeps peacefully.

### **Interest and Activity Group**

Joining a similar interest group will help in coming out of depression. While the patient remains engaged in interests and activity groups, he/she would not have enough time to think about negative things that might be the reason for the depression of that patient.

An individual can join various interests clubs like gardening, painting, book reading and cooking among others. As the individual interacts with other people, his depression will remain at bay.

### **Diary Writing**

It is a good way to keep track of the positive happenings in your life and to remind yourself that negative things cannot wear positive things down. People suffering from depression are suggested to maintain a dairy.

In that dairy, patient can make either daily entry or weekly entry depending on his schedule. The patient should write about positive and negative things happening in their day to day life. The negative events remind the patient that good things are in store.

### **Omega 3 Fatty Acids**

In few researches, it has been observed that people who eat more of omega 3 fatty acids, through





consumption of fishes like salmon and tuna, are reported to have lower rates of depression. Also, in places where the consumption of this fatty acids is more, depression rate is extremely low. Individuals suffering from depression should be fed food rich in omega 3 fatty acids.

### **Saffron**

Saffron increase the level of chemicals like serotonin in the brain. Serotonin chemical is a mood altering chemical and boosts mood. So, patient suffering from depression should consume saffron on a daily basis.

### **Meditation**

A study shows that meditation is quite helpful in curing depression. It diverts the mind from negative things and focuses towards positive things. It channelizes negative energy and generates positive thoughts.

### **Yoga**

This is a very effective tool in curing depression. Both the mind and the body gets engaged during yoga and different posture alleviates stress. Yoga, if done with proper breathing rhythm, helps a lot in curing depression.

### **Increase lighting**

Some people suffer from a particular kind of depression that is associated with dim light. In cold countries during winter, many people suffer from seasonal affective disorder during long winter nights. Through light therapy, this type of depression can be eased. The patient is exposed to bright light for 15 minutes to two hours depending upon the severity of his depression.

### **Watch Your Food**

There are certain foods which increase production of mood altering chemicals and thus helps in curbing depression. Food like fruits, beans, vegetables and whole grains help brain release serotonin chemical which is a mood regulating chemical.

On the other hand, food containing caffeine like colas and coffee suppress serotonin production, thus enhancing a feeling of depression. While alcohol increases mood for a while but after some time it contributes as a strong factor in enhancing depression.

### **Healthy Diet to Cure Depression**



A healthy and balanced diet is required for general well being of a person. A healthy diet also helps a depressed person. A healthy diet provides energy and helps body repair itself. A deficiency of essential nutrients leads to sickness of body.

### **Antioxidants**

They help body locate and remove damaging cells like free radicals. These free radicals are responsible for obstructing normal functioning of body and also contribute to ageing. Free radicals damage brain cells leading to depression. A diet rich in anti oxidants lead to repair of the tissues.

One can consume vitamin E in the form of wheat germ oil and nuts. Also, one should consume vitamin c in the form of citrus fruits. Food rich in beta carotene like broccoli, carrot, spinach and potatoes are helpful.

### **Carbohydrate**

Food like whole grains, vegetable, legumes and fruits increase fiber intake and provide energy. They also raise the level of serotonin.

### **Vitamin D**

It has been observed that vitamin D has been shown to increase the mood of patients suffering from depression. One must include food containing vitamin D in one's diet.



## Home Remedies for Diabetes

The present scenario that exists in the country today reveals that every 5 out of 10 persons are affected with diabetes and the numbers are increasing alarmingly. Starting from the time, a person is diagnosed with diabetes, the frightening threat of insulin injections backed by numerous strips of medications follows him/her till the end. Diabetes is associated with the level of insulin hormone which is released into the bloodstream by pancreas.

Diabetes This hormone determines the rate of glucose which the blood contains and also the amount which the cells absorb. Depending on the rate of absorption, there are three types of Diabetes namely: type 1, type 2 and gestational diabetes. The causes of this disease may be due to age, absence of exercise, hereditary, stress and tension, excessive sugar and carbohydrates in meals, smoking and alcohol. Below, you will find some simple home remedies which will yield good results for all those affected with diabetes.

## **Home Remedies for Diabetes**

### Jambul Fruit

It is also called as monsoon fruit. It contains a glycoside jamboline, which prevents the conversion of starch into sugar if glucose level is high in blood. It is also helpful to increase insulin secretion from pancreas.

Dry the seed of jambul and make fine powder. Take 3-4 times in a day along with water to decrease sugar level in urine. You can also eat fruit.

You may also take inner bark, burnt it and ash of that should be given to diabetic person in the morning with empty stomach.

### Green Tea

If you encounter wide ups and downs in your level of glucose, green tea works well to balance this condition as it contains high amount of polyphenols. These polyphenols help to increase the activity of insulin and thus balances the sugar level. However, the rate at which one takes green tea should be controlled as it contains caffeine and the excessive intake might create side effects.

### Bitter Gourd ( karela)

This is the best home remedy in controlling diabetes. It is used as an anti diabetic medicine. It helps in controlling sugar in two ways. Firstly it acts as a mediator between cells and pancreas creating insulin.



It prevents the formation of sugar in blood and removes barrier those create hindrance for cells to utilize the natural insulin. Secondly it stimulates the production of insulin by pancreas by creating the number of beta cells.

Diabetic person should take juice of 5-6 karela's on every morning with empty stomach. You may also take dry powder with water but fresh juice is more preferred.

### **Fenugreek Seeds (Methi)**

Methi contains chemical compounds those helps in lowering the blood sugar level. It is rich in fiber and helps to decrease the cholesterol level and helps in digestion.

Soak 2 tablespoon of methi dana in a cup of water overnight. Drink this water first thing in the morning with empty stomach and chew methi dana as well. You can also take coarsely powder of methi along with water.

You may use it as a spice in your food. Dry methi leaves Kasuri methi also helps in curing diabetes and adds flavor to curries and food too.

### **Amla and Aloe Vera Juice**

Amla and Aloe Vera contains properties that helps in regulates blood sugar level. It increases the immune system of the body and regulates the sugar level .

Mix 15 ml of amla juice with 10 ml of aloe Vera juice. Drink juice every morning with empty stomach. It improves the digestive system and helps in lowering down the cholesterol and sugar level in blood.

### **Curry Leaves**

Curry leaves contains certain alkaloids, which are helpful for curing this disease. It helps in reducing the digestive enzyme, which is responsible for the conversion of starch into the glucose in blood, this way it helps in lowering down the blood sugar level.

Chew 10-12 fresh curry leaves every morning with empty stomach for about 4-5 months. This is very good remedy for hereditary diabetes. It also helps in lowering the weight of body; hence good for diabetes arises out of obesity.

### **Cinnamon**

Cinnamon contains water-soluble high chemical compound called polyphenols having antioxidant effects, which helps in reducing the oxidative process that changes the fats and lipids into potent inflammatory compounds.



Take ½ teaspoon of cinnamon every day or you can dissolve it into water and have this water every day. You may also add cinnamon in tea. It not only helps in reducing blood sugar but also helps in decreasing weight of the body too. Green tea, red grapes are also enriched with polyphenols and help to protect against wide swings in glucose level.

## Onion

Yes onions are also very helpful in type 2 diabetes. It helps pancreas to produce more insulin .It is cheap and can be easily done at home. Cut the onion into slices, put it in a glass of water. Milky strains will appear in the water. Drink this water every morning.

You may take garlic as well as it also helps blood circulation and regulates blood sugar. Allicin presents in garlic helps in controlling diabetes.

## Bay Leaf (tejpatta)

It has been used since centuries for treating many diseases. It improves insulin function and is a very good home remedy for diabetes. Dry bay leaves and grind it to make a fine powder. Take this powder every morning with lukewarm water. It will definitely help.

## Smoking And Alcohol

If you are a frequent smoker or addicted to alcohol and have diabetes, things will just get worse for you. Diabetes if poorly managed, affects the heart badly and gives rise to several heart complications. With smoking, the circulation of blood reduces and hence the amount of blood sugar in the body increases. This further changes the composition of the walls of the artery and in turn results in deposition of fat, hence there is little circulation of blood in the body. At the same time, drinking alcohol when you are diabetic increases the level of triglycerides (type of fat) in the blood which increases the risk of heart disease.

## **Recommended Natural & Herbal Products**

- [Gymnema Slyvestre](#)
- [Bitter Melon – Diabetes](#)
- [Diabeta Capsules \(Diabetes\)](#)



## **Home Remedies For Diaper Rash**

Diaper rash also known as the diaper dermatitis, is the skin problem that occurs in infants beneath the diaper area. The skin turns red and it may cause itching and in the worst case it may bleed as well. The infant's soft skin requires a lot of care to avoid the diaper rashes. Check out the below information to know the exact details to get the best solution for this problem.

### **Home Remedies For Diaper Rash**

#### **Mustard Oil**

This is the best way to reduce the diaper rash. Just warm the oil a little bit and apply on the baby's back. This massage can be done in night, before taking bath and at the time of changing diapers. This will help to reduce the rashes very soon. The mustard oil is not at all itching and it will provide relief to the skin.

#### **Vinegar**

This might sound awkward but little vinegar in the warm water is very good for the skin. Do not use the chilly or black vinegar at all. Just use the white vinegar in water and splash it on the back of baby and then wipe it with a smooth cotton cloth. Do not rub the skin, just pat dry. After that you can apply any light skin ointment. This will help to reduce the rashes in less than 24 hours.

#### **Baking Soda**

The more the baking soda you will use, the earlier will rashes go. Put some baking soda in the water during bath. This will work very fast. The baking soda can be used depending on the infection. The baking soda also helps in reducing other fungal or yeast infection on the body.

#### **Egg White**

Egg is the good and effective home remedy for the baby's soft skin. Remove the diaper and apply egg white on the affected area. Now let it dry by its own on the room temperature. After that, fasten the diaper as normal. This is very effective and natural remedy for the diaper rash.

#### **Coconut Oil**

A few drops of coconut oil is very useful for the baby's soft skin. Just add few drops of coconut oil in the bathing water and make it regular habit. This will make the skin supple and never let skin loosen



its moisture. You can also apply coconut oil directly to the skin after taking bath and then wipe the excess oil with a damp cloth.

### **Spray Bottle**

Always use warm water in removing the stool of babies. You can also make a mixture of water with baby oil in a spray bottle and spray it on the back after removing the diapers. Spray the mixture and then wipe it with a cloth. This is the good way and also less irritating for the babies also. This will help to clean the skin frequently.

### **Avoid plastic diapers**

Always avoid using the plastic diapers or nappies. These diapers stop the air flow and make the skin more irritating. Always use the good branded diapers or consult to the doctor.

### **Air out**

Make your baby without diapers for some time. You can remove the diaper during nap time or even during playing for half an hour at least. You can clean properly the bumps and apply some ointment or oil and let it dry during playing or napping time. This will help to reduce the rashes.

### **Change frequently**

Change the diapers frequently. This will help to reduce the allergy and irritation. During summer time, try to use a little large size than usual diaper. This will help in the air flow and makes baby relax.

## Home Remedies for Diarrhea

Diarrhea is associated with loose and watery stool. According to a health study, individuals suffer from diarrhea approximately twice every year. It is very common and can be easily treated through prescription and over-the-counter (OTC) medicines. But in few cases, diarrhea can be associated with irritable bowel syndrome and chronic diseases related to the large intestine.

### Types of Diarrhea

There is more than one type of diarrhea - osmotic, secretory, or exudative.

#### Osmotic diarrhea

In this type, the bowel is known to draw water into the bowel from the body. The loss of water dehydrates the water resulting in diarrhea.

#### Secretory diarrhea

This type mainly occurs when the water is released from the body into the bowel on a regular basis. In most cases, this type of diarrhea is mainly caused by infections and drugs.

#### Exudative diarrhea

This mainly refers to diarrhea that is detected to the presence of blood in the stool. In few cases, there is pus instead of blood in the stool. One of the main reasons for this type is when one is suffering from inflammatory bowel diseases, including Crohn's disease and other bowel infections.

### Causes of Diarrhea

In most cases diarrhea is caused due to viral infection that affects the gut. In most cases, the infection lasts for a maximum of two days and is labeled as stomach flu. Diarrhea can be caused by food poisoning, food allergies, medicines or drugs, radiation therapy, intestinal diseases, malabsorption, hyperthyroidism, cancer, alcohol abuse, diabetes, and many more. It is usually very common among people who suffer from irritable bowel syndrome or constipation.

### Home Remedies for Diarrhea

Though there are innumerable medicines and drugs available for diarrhea, home remedies are often the most sought after. 100 percent safe and effective, most of the diarrhea treating remedies feature





easily available kitchen ingredients.

## Yoghurt

Most cases of diarrhea occur as a result of indigestion and infection of the stomach. In such cases, the best way to deal with it is to overpower the bad bacteria that are causing the indigestion and infection in the stomach and restore the balance of bacteria in the stomach.

Yoghurt with live cultures is the best way by which you can do it. Take a cup of fresh yoghurt with live culture. This will immediately remove the bad bacteria from the stomach and make you feel much better. Continue taking small quantities of yoghurt every hour to stop the diarrhea.

## Beverage

Drink tea or juice at regular intervals. This helps in keeping yourself hydrated and also makes sure that your internal system is clean. But while opting for beverages, remember to stay away from extremely cold beverages. Instead opt for lukewarm juice.

Having soda can also eliminate diarrhea symptoms but one must stir the soda and make it less carbonated before consuming it.

## Ginger

Ginger is antibacterial in nature and also treats the pain and burning sensation associated with diarrhea. Take ginger tea by boiling one inch piece of crushed ginger along with a cup of boiling water. Take 2-3 times. Chew on a piece of ginger and swallow the juice slowly.

This too will offer great relief from pain and diarrhea. Ginger can also be taken along with black tea which has anti-inflammatory properties as well and help in reducing the diarrhea.

## Fenugreek

Taking fenugreek seeds for curing diarrhea is an age-old practice that has been passed through generations. Take a handful of fenugreek seeds and soak in water. Crush the seeds and drink it along with a glass of water.

Fenugreek has many anti-inflammatory and antibacterial properties which can help in destroying the bacteria and treating the inflammation as well. Fenugreek can also be boiled in water and taken several times a day for relieving diarrhea and also dehydration associated with it.



## Cinnamon

For treating diarrhea with this antibacterial and medicinal herb, take one teaspoon of cinnamon powder and add a teaspoon of sugar to this. Add a cup of boiling water to this and take it warm. Cinnamon will immediately relieve the bacterial action that causes the diarrhea.

## Bananas

Rich in potassium and fiber, bananas help relieve all kinds of digestive problems. The pectin that is present in bananas are soluble fiber and helps in absorbing tine, the water from the intestine, thereby causing the stools to harden. Potassium helps in solving any electrolyte imbalance in the stomach as well and treats your diarrhea completely.

## Lemon

In case diarrhea is accompanied by nausea then try smelling lemon or drinking lemon juice. This helps in soothing the stomach contents and reduces dizziness and nausea.

## Blueberries

Blueberries are highly antioxidant in nature and have antibacterial properties as well which make it an excellent remedy for treating diarrhea. The anthocyanosides and tannic acid present in blueberries will help in treating the inflammation and infection and cure the discomfort associated with diarrhea. Take blueberry juice or snack on a bowl of blueberries whenever you are troubled with diarrhea.

## Apple Cider Vinegar

Apple cider vinegar too is excellent for restoring the pH balance of the stomach juices and treating diarrhea. Take a quarter cup of apple cider vinegar and add this to 3/4th cup of water. Squeeze the juice of 3 lemons into this mixture and consume this once. This will take care of your diarrhea. Apple cider vinegar also has healing properties that will help stomach ulcers and infections to heal as well.

## Lemon And Baking Soda

A combination of lemon juice and baking soda is known to be an instant remedy for killing the bacteria and regulating the pH balance of the stomach juices as well, thereby curing diarrhea. Take two medium sized lemons and squeeze the juice out of it. Add half-teaspoon baking soda to this. The solution starts foaming. Take it immediately to relieve the stomach upset, restore the pH balance and kill all the bacteria that is causing the distress.



## Home Remedies For Dry Skin

Dry skin otherwise known as 'Xeroderma', is a common skin problem. This is a condition in which the skin loses its moisture and it becomes scaly and harsh and also results in blisters and skin infections, if not properly taken care. Dryness is usually found in different parts of our body, which includes arms, legs, scalp, abdomen, feet and it varies from person to person.

Dryness results in peeling of the upper skin causing uneasiness and itching. If wisely dealt with, this can be corrected with a handful of home remedies.

### Causes Of Dry Skin

The first thing we should deal with is the cause for this dryness of the skin. The factor that causes dryness can be either internal or external. Internal factors that cause dryness of the skin include health problems like thyroid, asthma, certain allergies and atopic dermatitis. The external factors that cause dryness of the skin are extreme cold climate, lack of humidity, usage of harsh chemicals, soap and detergents.

Despite of all these, intake of certain drugs may induce dryness of the skin. Before treating the dry skin we should try to find out the exact cause of dry skin in that person. If cause ruled out is external, you would be lucky enough to know that it could be cured. And if it is internal, you should have a lot of patience because it may take time.

### Symptoms Of Dry Skin

There are various symptoms which indicates that you have dry skin. The appearance of flakes on your skin is one of the visible symptom of dry skin. The itching sensation and the tightness of the skin soon after your bath also says your skin is dry and dehydrated. Symptoms appear according to the severity of the dryness of your skin. Fine lines that appear on your skin says tat your skin need to be moisturized and kept supple .Cracks, redness and deep fissures are the results of more severe dryness. if not properly taken care this may end up really annoying. Cracks found on the skin might later develop into large sores and this will later get infected and you will have to go for a dermatologist. So it is better to take care from the beginning.

## Home Remedies For Dry Skin

You will be surprised to find that your home is full of magical ingredients that can give you soft and supple skin. Most of the people experience dryness on their face due to over exposure to sun and wind. Rapid washing of your face with harsh soaps can add to the dryness. The first important step is keep yourself hydrated enough. Drink lots and lots of water, fresh juice and green tea.

## **Homemade Face Masks**

Honey can regain moisture content of your skin. Here is a face pack which can make your skin soft and glowing. Take two spoons of oats and add one spoon of honey to it. Make it into a fine paste and correct its consistency so that you can apply it easily on your face. The same mask can be used on your whole body after an oil massage at least once a month. This can do great benefit to your skin making it supple.

## **Aloe Vera and Olive**

Aloe Vera can get rid of scales on your body, which is one of the symptoms of dry skin. Take a piece of aloe leaf and rub the gel directly on your face with gentle stroke for five minutes. This can exfoliate your skin removing the dead cells and keeping it moisturized. Instead of fresh leaf you can also have Aloe Vera gel, which is available in the stores.

Take a spoon of Aloe Vera gel and mix it with a spoon of olive oil and apply the mixture on your face for 10 minutes. Olive oil can treat the most extreme dryness of the skin.

## **Milk and Saffron**

Saffron and milk cream pack can effectively remove the dryness of your face. Mix one spoon of milk cream and 4-5 splinters of saffron till it completely gets mixed with the cream. Apply this golden colored pack on your face for 30 minutes and wash it with a very mild soap (mild because harsh may make your skin dry again).

## **Almonds at Home**

Have a handful of almonds at home? Then why worry about dry skin? Take 3 almonds and grind it into fine paste. You can use milk while grinding, for the proper consistency. Apply it on your face whenever your skin feels dull and dry. Almond oil mixed with olive oil at equal proportion can be used as pre-bath oil for your whole body.

## **Pamper Your Body While Bathing**

To moisturize your whole body you can try the small tricks while you bath. If you do not have time to oil your body, just add 5-6 drops of almond oil and a spoon of rosewater in the bathing water and have refreshing and moisturized bath. Another method is to add a spoon of olive oil, a spoon of lemon juice and a spoon of glycerin in your bathing water just before you bath, can give you a spa experience with lovely moisturized dryness free skin. You can get a really good moisturizing body cream with sufficient SPF to apply on your body soon after your bath. This can help you fight the dryness of your to a



greater extent.

Petroleum jelly mixed with the paste of almond in equal proportion is a magic cream that can be applied on your legs and feet to get rid of the dryness and cracked skin (apply very thin layer so that your skin can breathe). For dry scalp mixture of olive oil and almond oil can regain the moisture and also can prevent further dryness. Going for henna treatment is also a good choice to get rid of dry scalp skin. Aloe gel massage can rejuvenate your scalp skin.

## **Internal Factors Causing Dryness**

It might let you down when you come to know that the internal factors are making your skin dry and dull. But do not give up. You can follow all the above masks and massages and make your skin wonderful. One more thing you can keep in mind is that you have to bring essential changes to your lifestyle.

You can ask your doctor whether your medicines are causing dryness to your skin, but preference to your health first! The climatic conditions may vary from place to place. Take proper precautions before you go out in cold and let your skin dry out. You can have cold creams that suits your skin. Stay away from dust because dust may aggravate the dryness and itching of your skin.

Most important of all is that you must hydrate your skin with lots of fluids. Water is not the only thing you need to drink the whole day. You can go for fresh juice especially carrot, water melon, apple, mango and skimmed milk. Green tea with honey is also a very good option for soft skin. Be careful while choosing face creams and moisturizers. Look for the SPF in it. You must apply the moisturizing cream according to the dryness of your skin. It is advisable to apply the moisturizer twice a day, if possible as soon as after your shower.

## **Recommended Natural & Herbal Products**

- [Khadir - Skin Allergies, Blood Purifier](#)
- [Neem For Skin Care](#)



## Home Remedies For Ear Infection

Ear infections are pretty common especially among children. The most common type of ear infection is the otitis media. This infection occurs in the middle ear which is located just behind the eardrum. The Eustachian tube which runs from the middle ear to the back of the throat drains the fluid made in the middle ear. If this tube gets blocked the fluid accumulates in the middle ear and causes infection.

The Eustachian tube can become clogged due to colds and sinus infections, excess mucous, allergies and exposure to smoke. Ear infections are more common in the winter when children are liable to catch the common cold.

The common symptoms are fluid buildup behind the eardrum which results in pain and itching, fullness in the ear, a sensation of blockage, and hearing loss in the affected ear. If the eardrum gets ruptured then there is a yellowish thick discharge from the ear.

## **Home Remedies For Ear Infection**

### Ginger

Ginger has such powerful medicinal properties that it is widely used for curing and healing endless diseases and disorders. It is one of the most effective remedies for all kinds of infections because of its antibiotic, antibacterial and anti-inflammatory properties that not only deal with the infection but also provide great relief in the pain. Grate some fresh ginger and extract its juice. Put a few drops of this juice inside the aching ear three times daily.

### Garlic

Garlic is another natural remedy that will cure the infection quickly and effectively. It has powerful anti-inflammatory and antioxidant properties that will destroy the infection and propound rapid healing. Its pain killing properties will reduce the swelling and alleviate the pain. Heat some olive oil and warm a chopped clove of garlic into it. When the oil cools, fill a dropper with oil and drop a few drops inside the ear canal.

### Mustard Oil

Mustard oil is an age old remedy for all sorts of aches and pains in the body. Its antiseptic, anti-inflammatory and antibacterial properties remove the infection successfully and propound quick healing.

Its warming qualities help to dry out the accumulated fluid and bring relief in the sense of blockage.



Warm some mustard oil and put a few drops of into the ears. Put the drops of oil two or three times daily.

### **White Vinegar**

White vinegar has antimicrobial properties which eradicate the infection speedily and successfully. It also helps to remove the accumulated wax inside the ears. Mix equal parts of white vinegar and water. Take a rubber bulb syringe and fill it with the mixture. Irrigate your ear with this solution. Let it sit in the ear for a minute then tilt your head over a sink and drain it out.

### **Tea Tree Oil**

Mix a few drops of tea tree oil with olive oil. Take a dropper and put a few drops of this mixture into the ears. The antibacterial, antiviral and anti-inflammatory properties of tea tree oil will kill the bacteria or any other microbes that are causing the infection and bring relief in the pain. Use this remedy twice daily.



## **Home Remedies For Elbow Pain**

Inflammation of the upper arm near the elbow that causes pain in the elbow is called as tennis elbow, a kind of tendonitis. It occurs due to repetitive movements of wrist and forearm, commonly observed in tennis players and hence named as tennis elbow.

Most individuals with tennis elbow can be treated with cortisone injections, heat therapy and physical therapy, without any need of surgical intervention. Moreover, there are many natural solutions to improve the condition of tennis elbow and get relief from the elbow pain.

### **Home Remedies For Elbow Pains**

#### **Elbow Compression**

Compression is an effective method of alleviating pain in the elbow. First wrap the painful elbow in strips of cloth or elastic bandage and wrap firmly to provide support to the elbow, thereby preventing swelling of the area. Be careful of not wrapping it so tightly that it obstructs the blood circulation.

Leave it wrapped and compressed for 30 minutes, and keep it unwrapped for next fifteen minutes so that circulation is returned to full force. Then repeat the process for several times, over a period of a few hours, till one gets relief from the elbow pain.

#### **Make Use Of Ice Packs**

As soon as one gets an injury over the elbow, one needs to perform ice application, to get an instant relief from elbow pain. Arrange an ice pack or make it by putting ice cubes into zipper lock bag and then wrapping it in a soft and clean towel.

Then, put it over the affected elbow region and massage by rubbing for 3 to 4 minutes, then stop. Repeat it again after some gap, and perform for four times in a period of 24 to 48 hours, to achieve a rapid recovery from the elbow pain.

#### **Massaging With Cabbage Leaves, Broccoli And Potato**

Soak cabbage leaves in cold water for 30 minutes, then put it over the affected elbow and wrap it with a piece of cloth. Keep it overnight to get relief from elbow pain. Similarly, broccoli could be used by first crushing and making a paste and then applying that over the elbow joint. Wrap a clean cloth and keep it for 20 minutes. Mashed potato can also be used instead of broccoli and can be kept for 30 minutes. These entire vegetable massages offer astonishing benefits, in the context of providing relief from the





elbow pain.

### **Ginger Tea**

Ginger is loaded with anti-inflammatory attributes that aids in reducing inflammation and pain caused by tennis elbow. Steep half a dried ginger root in one cup of boiling water for 20 minutes and then sweeten with honey, after straining. Drink it while ginger tea is still hot and have it 3 to 4 times a day, to get substantial relief from the elbow pain. In case, ginger root is not possible, use one fourth tablespoon of ground ginger in one cup of hot water and drink it, instead of above preparation.

### **Heat Relief**

Make use of heating pads or have a hot shower bath over the painful region of elbow for 15 minutes to reduce the pain. Continue the heat treatment after 2 hours to ensure long term relief from the elbow pain.



## Home Remedies For Erectile Dysfunction

Erectile dysfunction is one of the troublesome problems in the males. This is the improper functioning of the male reproductive system. This is the condition where the erection of the penis does not occur.

This is not only the problem for the males, but in many cases this affects the sexual life of the partners as well. Many feel difficult to discuss such problem with the doctors.

### **Home Remedies For ED**

#### Water

Water, which is called the elixir of life, is also essential in case of erectile dysfunction. When the intake of water becomes less, the body pH balance is disturbed. This leads to the improper function of many organs. This ultimately disturbs the absorption of the nutrients. Hence, the nutrient supply to many organs is reduced. So water is primary and main therapy, which is easily available at home.

#### Garlic

Garlic is the best common thing available in everyone's home. This has the potent stimulating property. This helps to increase the blood circulation of the reproductive organs. This is also the best nerve stimulant.

The chemical compound named allicin in the garlic is best known for this property. This specially enhances the blood circulation to the male reproductive organs. This is known for its anti-cholesterol properties. So any erectile dysfunction due to the high cholesterol content in blood is also alleviated.

#### Cloves

This is also a common herb in everyone's kitchen. The clove has a good stimulating property, which is very essential for the males with this problem. It has many Phyto phenols which has the powerful stimulating properties. Every day 2 cloves can be taken after meals which will be most beneficial in this condition.

#### Fruit Nut Mix

A mixture of fruits like banana, apple, pear, litchi, strawberry, black currant etc. should be made in a salad form. Cashews, almonds, and pistachios should be mixed with it. This acts as a powerful aphrodisiac since ages.



When this combination is mixed with milk and consumed daily it increases the vigor of men. It also improves the sperm quality and count. The fruits are rich in vitamin C which thereby increases the immune power of the human system. It also has a bunch of nutrients which are essential for the erectile dysfunction.

## **Onion**

Onion is a powerful aphrodisiac, which is the main ingredient in almost all the recipes. It has many properties like anti-inflammatory, analgesic, stimulant etc. It helps in increasing the sperm count of an individual.

The quality of the sperm increases with the regular consumption of fresh onions. Broken black gram should be soaked in onion juice for two days and a porridge made out of it should be consumed by a person who is suffering from erectile dysfunction. This is the best aphrodisiac.

## **Drumstick**

The drumstick is said to have the aphrodisiac properties since ages because of its nutritional contents. It is rich in potassium, vitamin C, zinc and many other essential vitamins and minerals. So this should be regularly consumed by the adult to get relieved from this problem. The drumstick seeds have the main nutrients, so it should not be thrown off while eating.

## **Recommended Natural & Herbal Products**

- [Kohinoor Gold Plus](#)
- [Butea Superba Capsules](#)
- [Butea Superba Gel](#)



## **Home Remedies For Excessive Sweating**

Sweating excessively is not only very troublesome, but also embarrassing as it can lead to bad odor and the resultant personal as well as social implications could be very traumatic for the person who is dealing with it. Excessive sweating is caused due to hormone imbalances, nerve disorders and certain medications.

Physical exertion too causes excessive sweating, though this is a good way to remove toxins from the body. Apart from that, sweating without much reason is indeed a problem that needs to be controlled in order to lead a sane life. Here are some home remedies that can be used for the treatment before you try out expensive and surgical methods.

### **Home Remedies for Excessive Sweating**

#### **Sage tea**

Sage tea is known to be a great remedy for tackling excessive sweating naturally and stop profuse drenching without any reason. Take fresh or dried sage leaves or make a tea with the leaves by adding a handful of them in boiling water.

Allow to steep for ten minutes and drink it with honey or lemon to add flavor. The tea is also good for external application. Cool the tea and using a cotton ball, apply on areas that sweat excessively like the armpits, neck, soles etc. Sage tea is known to reduce sweating by about fifty percent.

#### **Tea bags**

Tea bags too can help in the reduction of excessive sweating. The tannins that are present in tea bags are known to be very cooling to the body. Tea bags can be used as a soak for cooling your body and stopping excessive sweating. Add 4-5 tea bags to a tub full of warm water. Allow the water to steep and turn to room temperature.

Soak your body in this water for half an hour every day to control sweating. Another method to use tea bags is to wet them and refrigerate them. They can be used as a roll on antiperspirant, covering areas like armpits, neck, face, hands, feet etc. This is an excellent way to control the symptoms.

#### **Tomatoes**

Tomatoes are rich in antioxidants and this is known to have a beneficial effect on the entire body including the sweat glands, the function of which too will be regulated with the treatment. Take 2-3 tomatoes every day after cooling them. This will impart a cooling effect on the body. Drinking three



glasses of cool tomato juice is the recommended treatment for excessive sweating. After five weeks of treatment with the tomato juice, you will see noticeable difference in your symptoms. Now, you can reduce the juice intake to once a day.

## Vinegar

Applying vinegar on areas that sweat excessively is known to act as an antiperspirant. Vinegar forms a coat on the surface of the skin and the pores through which the sweat comes out will remain closed with this treatment. Take vinegar and using a cotton ball, apply on the areas that give you trouble. Allow the vinegar to air dry and repeat all throughout the day for best results.

## Potatoes

Potatoes are known to absorb excess water from the body and this is why they are known all over the world as an antiperspirant and blocking agent. Take a small potato and slice into half and rub the inside of the potato on areas that sweat profusely.

Allow it to dry before you wear your clothes. This will act as an absorbent pad that soaks all the sweat and prevents further sweating. You can also use potato juice for the purpose. Extract the juice and bottle it for regular use. Refrigerate for best results and use a cotton ball for application whenever essential.

## Green tea

Green tea increases your metabolic rate and helps in easy elimination of fats and toxins through the bowels. It is also a distressing and detoxifying agent.

Drinking 2-3 cups of green tea every day can help in controlling the sweating greatly. Due to the optimum elimination of toxic waste in the body, sweating excessively will be greatly controlled and one need not fret about embarrassing situations anymore. However, it may not be suitable for people with caffeine restrictions.

## Cornstarch

The power of cornstarch powder to absorb sweat helps in preventing the sweat from seeping through your clothes and cause embarrassment. After a bath, you can rub corn starch powder on areas that are prone to sweating. This has to be done after your body is completely dry as it can lead to clumping and create a mess. Dust with cornstarch whenever you feel that you are breaking into a sweat.

## Talcum Powder



Talcum powder works in almost the same fashion as cornstarch. Its powdery base and absorption properties help in sucking in the sweat before you break into one.

Apply generous amounts of a lightly perfumed talcum powder all over your body, taking particular care to cover areas that sweat more. It is always important to go for a non-perfumed or lightly perfumed talcum powder as strong smelling ones can cause body odor.

### **Baking Soda**

Taking a teaspoon of baking soda along with a cup of water at night can reduce your sweating greatly. Baking soda has high absorption properties and can be used externally for rubbing on the areas that sweat. This will control the sweat and help you remain dry.

### **Salt Crystals**

Rubbing salt crystals on areas that you sweat like a roll on antiperspirant is known to have a blocking effect and one sweats less with this treatment. Salt has a dehydrating effect on the body and this is what causes the lessened activity of the sweat gland when salt crystals are applied. Take a salt crystal and wait until your body is completely dry after a bath. Rub on the areas and apply as often as needed. The effect of one rub is known to last one full day though.

### **Lemon**

Rubbing lemon on the sweaty skin is also another wonderful way to stay dry and fresh smelling. However, the acidic smell of lemon may not suit all body types as some people tend to get bad body odor as a result of lemon getting mixed with their natural sweat and worsening the body odor. Slice a lemon and cool it before application. Apply in a circular motion on the affected area. Repeat whenever needed.



## **Home Remedies For Eye Infection**

Eye infection or conjunctivitis is an infection that causes inflammation in the conjunctiva. Conjunctiva is the membrane in the inner eyelid and the inner corner of the surface of the eye. Many viruses, bacteria, fungi and parasites can attack the surface of the human body, including the eye and its interiors.

Since eyes are very delicate organs they should be given special attention. Several remedies are also available for those who want to fight this.

### **Causes of Eye Infection**

Eye infection is plenty and is usually classified as viral, bacterial or fungal. Some of the serious causes are OHS or Ocular Histoplasmosis Syndrome. Histoplasmosis is the infection of lungs. The harmful bacteria in the lungs slowly migrate to the retina and have enough ability to damage it completely.

Gonorrhea and Chlamydia are some serious sexually transmitted diseases and can easily cause conjunctivitis, although they do not cause serious damage among adults. The infection starts to affect the eye when infected people rub their eyes after touching infected genital areas. Babies who are born to women who are infected genitally are prone to eye infections than others.

Diseases such as tuberculosis, leprosy, lime disease, crab lice and acanthamoeba (a common parasite) are some of the reasons for eye infection.

### **Symptoms of Eye Infection**

Some of the symptoms of eye infection are redness and itching in the eye, crusting on the eyelids and watery and mucous-like discharge. Sometimes the color of the discharge can also be in white, green or yellow and can come in thick forms

### **Eye Infection Types**

The most common type of eye infection is conjunctivitis. It is also called pinkeye sometimes and is a common cold virus. It is contagious for one's healthy and can spread from the eye to the hands and then other objects and surfaces that people use.

## **Home Remedies For Eye Infection**

### **Hot Compresses**



Hot compresses can help reduce the swollen lump that is formed on the eye lid. For this, warm water should be boiled along with some acacia leaves for five minutes. This solution should use a hot or warm compress on the eye lids for about four to five minutes.

Warm aromatic compresses can also be used with the help of essential oils such as rose oil, lavender and chamomile. The oils have beneficial properties which heal the eye infection. It provides relief to the excess pain caused in the eye and allows eye swollenness to gently reduce.

### **Guava Leaves**

Guava leaves should be warmed and then kept in a wet warm cloth. This cloth can help in reduce the redness and swelling of the eye. It treats with eye infection and ensures positive results.

### **Natural Eye Drops**

Natural Eye Drops can be made by mixing one tablespoon of turmeric powder in two cups of water. They should be used three times a day so that the swelling reduces and the itchiness ceases.

### **Eyewash**

Eyewashes can be made by taking a tablespoon of dried eyebright herb and steeped in a pint of boiling water. The liquid should be cooled and strained and then used as eyewash.

Boiling a tablespoon of coriander seeds in a cup of water can also be used an eye solution along with elderberry blossom tea. However one thing should be kept in mind they should be cooled before application.

### **Jasmine Flowers**

For healing eye infection, jasmine flowers are proved effective. A glass jar should be filled with distilled water and 7-8 jasmine flowers should be added. The lid should be covered and left alone for the night. The next morning, drops of water with those jasmine flowers should be poured on the eye.

The process should be repeated till the eyes are soaked. It should be done three times a day; a positive change shall be surely seen.

### **Tea Bags**

In order to reduce the burning sensation, a soaked tea bag on the eye can be used. The tea bags





should be soaked in cold water after which they should be placed on the eyelids for a few seconds. They help in cooling the eye and treat the burning sensation effectively.

## **Honey**

Using honey directly on the eye or making honey eyewash by using warm water and honey can help in eradicating eye infection.

## **Diet Treatments For Eye Infection**

Staying away from hot, spicy and deep fried foods can help in soothing the pain that is experienced by those who suffer from conjunctivitis. Eating canned food or food that contains added sugar and preservatives should also be avoided. Organic and natural foods are a must. Food that is raw or uncooked increases the chances of eye infections; therefore they should also be kept miles away.

Drinking fruit juices and consuming lots of fruits and vegetables can be of great help. Gulping down a glass of neem juice has also been suggested by some experts to combat this infection. A good digestive tract, liver and immune system can help in reducing the painful eye discharges.

## **Natural Treatments**

### **Cold Eye Bath**

Cold eye bath simply means taking a bath with cold water. This will heal the eyes and strengthen it. Dipping your face in a sink or basin of cold water, blinking for about five seconds and then lifting your face are a simple step. This procedure should be repeated three to four times a day.

### **Apple Cider Vinegar**

Apple Cider Vinegar can help in fighting eye infections as it contains “mother”. Mother is a malic acid that fights bacterial infections. For this a tablespoon of pure apple cider vinegar should be mixed with a cup of cold water.

This mixture should be used to be the eyes with the help of a wet cotton ball. The procedure should be done twice a day to get the best results.

### **Potato Slices and Curry Leaves**

A raw potato should be sliced and applied on the effected area, whereas the juice of curry leaves can also be used for eradicating this infection.



This natural treatment should be used three consecutive nights as this will ensure speedy recovery.



## **Home Remedies For Eye Wrinkles**

Most of the people including men and women, suffer from eye wrinkles; especially, during their adult age. There are many reasons for eye wrinkles to happen such as – due to exposure to sunlight, which makes your skin dry and creates wrinkles, reducing pigmentation from the skin.

You may also get eye wrinkles, due to applying more makeup; also, it occurs due to applying poor quality soaps or face washes; or even happens because of applying poor quality moisturizers as well. Thus, it is always a good practice to use branded makeup kits. Also, it is a good practice to stop applying makeup, till your eye wrinkles are cured. If you want to get away from eye wrinkles, you can even simply follow the below listed excellent home remedies for treating eye wrinkles.

### **Home Remedies For Eye Wrinkles**

#### **Keep Tomatoes And Cucumber Slices**

Tomatoes and cucumbers have been the Queen of skin treatment, since ancient years. So, you can follow this remedy any time you wish, and try it as many times you need; as there will not be any side effects in keeping tomato slices or cucumber slices.

Both these are cool substance which are good enough in curing eye wrinkles, when kept on eyes. You can rub or massage the wrinkled skin using these slices and forget that you ever had eye wrinkles over your eyes.

#### **Apply Butter On Eyes**

Many women are using butter on their eyes which would really relax their eyes. Hence, it is recommended to use the butter on and around your eyes; especially, during night time, and leave it all over night.

Doing so, will help in removing eye wrinkles; also, it softens and smoothen your eye skin, gives good stiffness to your skin too. You can follow this procedure daily before going to bed or as long as your eye wrinkles problem gets cured.



### **Honey Pack And Rose Water**

Honey pack is a most common remedy that every beautician recommends, and most beauties use it. Thus, you can easily try this remedy without any doubts. Just take half a teaspoon of honey, mix it with ½ a teaspoon of rose water and keep applying this pack around your eyes to see the magic of eye wrinkles gone.

You can also apply the same pack over your face to get smooth shiny beautiful face, along with beautiful smoky eyes that attracts all.

### **Coconut Oil Or Olive Oil**

Researchers have found that Coconut oil or Olive oil, both equally works in treating eye wrinkles. Therefore, apply any of these oils on your wrinkles area thoroughly in a circular motion all around your eyes; massage your eyes with oils properly in order to kick out wrinkles.

This method will remove lines, makes skin strong and tightens your loosened skin as well, which will let you look amazingly good.

### **Multani Matti And Yogurt**

Multani matti is famous in removing or reducing skin darkness and makes your skin fair and beautiful; while, yogurt is good in keeping the skin stiff and perfect. So, you can use both multani matti and yogurt to get wrinkles-free fair and beautiful skin over your eyes and on your face as well.



## Home Remedies For Fever

Fever has been defined as the mechanism of the body to combat infection or external viruses. It is how the body reacts naturally. Remember that fever in itself is not actually an illness. Basically fever is the term when the temperature of the body exceeds its natural temperature.

Since the body is combating the infection, you really should not suppress it all the time, but when fever exceeds a certain limit, it can be dangerous and medical aid is vital.

### Types Of Fever

The average body temperature 36.5–37.5 ° centigrade or 97.7–99.5 ° Fahrenheit, depending on the kind of thermometer you use. But anything above that range is considered to be fever. Temperatures of above 99 degree Fahrenheit are considered as low fever and 100 or above Fahrenheit is considered as high fever. However, if the body temperature is going over 40 degrees Celsius or 104 degrees Fahrenheit, then it is considered to be dangerous or very high fever.

### Symptoms

The average symptoms of fever include the body getting very warm. In some cases, the individuals also experience a lot of shivering and body ache. Symptoms of fever may also include some kind of allergic reactions like rashes or eruptions in the body. Dizziness and feeling of fatigue are very common too.

### Causes

Fever is caused because of the body's natural reaction to defend itself from foreign bodies. These can be anything ranging from viruses to bacteria. Sometimes, the body experiences fever due to stress, environmental changes or even medical therapies like vaccinations, c-section or other kinds of treatments.

## Home Remedies For Fever

In most cases, it is suggested that fever medicines shouldn't be taken unless the temperature of the body goes very high. This is because the natural immunity of the individual is helping the body go back to normal. But often, these home remedies can be implemented to get some relief.

### Warm Or Cold Bath

It is highly suggest that you take a warm bath to relieve yourself from some of the symptoms of fever.



These include pain in the body and rising temperature. Warm water baths help to reduce the pain in the body. You can add a cup of vinegar to the bath and then soak in the same for 10 minutes. In cases where the fever is getting high, it is suggested that you take a cold water bath to lower the temperature of the body.

## **Artichokes**

Artichokes are suggested as a remedy for combating fever and getting faster relief. You should boil them until they are soft and then have the tender and bottom portion of the leaves.

## **Herbal Teas**

You can make a blend of herbs and create your own herbal tea at home. This herbal tea has antioxidant properties, which helps in relieving symptoms of fever, along with healing properties. You can take herbs like tulsi or Holy Basil, along with some turmeric or haldi, cloves or laung and some sugar candy or misri.

Make some tea or concoction by boiling the same and keep sipping on it. Make sure that the same is warm. Elder flowers and even yarrow can be added to the same.

## **Cayenne Pepper**

This may seem strange to many but having more of cayenne pepper in your food is a great way to combat fever. The components of the pepper include capsaicin, which is found in very high quantities in the spicier or hotter forms of pepper.

This ingredient actually makes you sweat, which means that you break the fever faster. It also aids in faster circulation of blood and recovery too.

## **Wet Sock Treatment**

This remedy has been very popular for dealing with fever too. Basically, what you do here is soak the feet in very hot water. Then you take a pair of socks, which have been dipped in icy cold water and then wringed properly. Take the feet out of the very hot water and put on these cold socks.

Then pull on a pair of dry woolen socks over these wet thin pair. It may sound silly but the combination of this hot and cold therapy draws the blood to the feet and increases blood circulation. So the fever comes to the feet and goes away faster.

## **Other Treatments**



One of the best ways of preventing the recurrence of fever and ensuring a smooth recovery is lots of rest. By doing strenuous activities, you will only be straining yourself and delay the healing procedure. So, just put your feet up and relax in the bed. Watch your favorite movies or shows while you unwind and let your body do the rest.

### **Diet Treatment For Fever**

In most cases, there are no restrictions on diets and you can eat what you like. However, if you have vomiting or loose stools, then have light food. Also, eat healthier to improve immunity and aid faster recovery.



## Home Remedies For Food Poisoning

Food poisoning is a common, distressing and threatening problem experienced by millions of people all across the world. It is so infectious that some can even die as a result of it. It causes extreme dehydration and mild discomfort in the intestine. There are more than 250 different diseases that cause food poisoning. Most of them are infections caused by the bacteria.

The doctors should immediately be called on the first sign of it since they are hazardous to ones health accompanied with dangerous consequences. If the doctor cannot be attended to on the spot, then natural remedies should be used.

### **Causes**

Food poisoning occurs when food that is contaminated or infected with germs or harmful bacteria is consumed. Contamination can take place while obtaining the food and while eating it. The most common sources of food poisoning are harmful organisms such as bacteria, parasites or viruses that are transferred to the food. Other causes can be shellfish, insecticides or poisonous mushrooms or fish. These poisonous attacks damage the nervous system and can also lead to complete paralysis in most cases.

### Symptoms

Symptoms for food poisoning can happen one to three days after eating food that is contaminated. Nausea, vomiting, sweating around the mouth diarrhea, mental confusion, tearing in the eyes, dizziness and salivation are some of the first signs.

After eating tainted food, the symptoms can start to show within one hour. It may even take longer to develop some of the symptoms. Partial loss of vision or speech, weakness in the muscle, abdominal cramps, difficulty while trying to swallow are some of the other symptoms of food poisoning.

### Types

Campylobacter enteritis is a common infection of the bacterial infection that causes extreme gastrointestin upset and can stay around for about two weeks. Ciguatera, also known as fish poisoning is an incurable disease caused by eating fish that is come in contact with corals or algae toxins. It is very popular and has an estimation of fifty thousand cases a year.

Staphylococcus occurs when one eats leftovers or food that is stale. It causes vomiting and stomach cramps. But the good part is that it can be eradicated within a day if the correct medication is taken.





Salmonella or salmonella poisoning occurs when poultry items such as eggs and processed chicken are infected with harmful bacteria. Therefore it is very important to wash the meat before cooking it.

Shigellosis is similar to salmonella yet different in some cases. It affects the large intestine and causes stomach upsets, sometimes bloody.

## **Home Remedies For Food Poisoning**

### **Herbal Tea**

Sipping herbal tea twice a day can take care of a disturbed digestive system. There are different types that fall under this category. One of them is peppermint tea. This helps in soothing the stomach and provides relief from stomach cramps.

The other is meadowsweet tea which treats stomach infection effectively and relieves the patient from stress. When the patient feels nauseous, he or she can also drink chamomile or licorice tea. These drinks help calming the stomach and reduce inflammation or any burning sensation felt by the patient.

### **Apple Cider Vinegar**

Apple Cider Vinegar has an alkaline nature that fights the symptoms of food poisoning. It soothes the gastro-intestinal lining of the stomach and kills the bacteria. This provides relief to the pain and sufferings experienced by the patient.

Mixing one tablespoon of apple cider vinegar in a cup of warm water should be gulped down before eating any meal so that acid indigestion can be avoided. Two tablespoons of apple cider vinegar can also help.

### **Banana**

Banana is a rich source of potassium and reduces the symptoms and effects of food poisoning to a great level. Bananas are soft in nature and increase the energy level after consumption. Eating a ripe banana in its natural form or drinking it in the form of a banana shake two to three times a day ensures positive results.

### **Lemon**

Lemon has antibacterial and anti-inflammatory properties that provide relief to any extreme burning sensation or pain. Its acidic nature kills harmful bacteria that cause food poisoning. One teaspoon of lemon juice with a pinch of sugar added to a glass of lukewarm water should be consumed two to



three times a day. This helps in cleaning the system and also fights food poisoning.

## **Garlic**

Garlic is known for its positive effects and helps in curing food poisoning. It has strong anti-viral, anti-fungal and anti-bacterial properties that provide relief from food poisoning effects such as abdominal pain and diarrhea. It destroys all the unhealthy microbes present in the intestine.

One fresh garlic clove should be swallowed with a cup of lukewarm water once a day. Garlic juice can also be consumed. If the smell of garlic is a problem, a mixture of garlic oil and soya oil should be rubbed on the stomach after a meal.

## **Diet Treatment**

To fight food poisoning, one should concentrate on eating whole grains. Fruit juices, soft fruits, vegetables, soups are some examples of the mild food that doctors and experts have suggested for those who are suffering with food poisoning. One of the famous diets for this condition is known as the Brat Diet.

This diet includes bananas, rice, apples, toasts, crackers, carrots and other bland foods since they help the stomach to calm down and makes the patient feel more relaxed. For complete recovery, one should rely on liquids and drinks. Sports drinks such as Gatorade can wash away the minerals and heal the infection.

## **Natural Treatment**

### **Peppermint Tea**

Peppermint tea is the most famous natural treatment for food poisoning. Drinking few cups a day can reduce stomach pain and cramps.

### **Re-Hydration Mix**

A little boiled water, a teaspoon of sugar, a teaspoon of salt, two teaspoons of squeezed lime should be mixed together in a glass and taken twice a day in order to see the best results. Lemons do not just flavor the drink but also have antiseptic properties which ensure speedy recovery.



## Home Remedies For Foot Fungus

A fungal infection in the feet can lead to pretty embarrassing problems like redness, itching, scaling, discolored nails, ingrown toenails, fissures, cracks and blisters that would only worsen with time. In certain cases, the fissures and blisters become so severe that they start bleeding or oozing pus/fluid.

This would increase the chances of contracting secondary infections. And in the worst case scenario, the fungus infecting the feet can spread to other areas of the body and cause infections in these areas as well.

### Common Causes for Foot Fungus

A lot of factors can contribute to the growth of foot fungus in individuals. The fungus are more susceptible to moist environments and can easily spread from one person to another via socks, shoes, clothing, floors, locker rooms and even public swimming pools and toilets. Ill-fitting shoes can also contribute to foot fungus. Women tend to be more susceptible to foot fungus infections in this case owing to airtight shoes that cause the feet to sweat excessively (a potential breeding ground for the foot fungus). A weakened immune system (caused by certain diseases and medications taken to relieve them) can also lead to the unchecked growth of the foot fungus. A body with a weak immune system would not be able to fight off the bacteria and fungi causing the infection and would be more vulnerable to secondary infections as well.

### Types of Foot Fungus

Different kinds of foot fungi cause different types of infections in the feet. The most common forms of foot fungi and their infections include:

#### Plantar Warts

Usually caused by the HPV type 1 human papillomavirus, plantar warts lead to ingrown toenails which gradually start prodding the blood vessels and bones in the toes, causing extreme pain and discomfort. Plantar warts also appear as hard, painful growths (called as 'corns') on the soles.

#### Athlete's Foot

Also called as Tinea Peds, this particular fungal infection is the work of the highly contagious ringworm fungus, and leads to the development of cracks and fissures in the feet. Athlete's foot also causes an itching/burning sensation on the feet coupled with a very foul odor (emanated by the evolving fungi).

#### Nail Fungus



Also called as Onychomycosis, nail fungus is usually caused by the trichophyton rubrum fungus which leads to the thickening of the toe nails (which become brittle wit time), nail discoloration, chipping, flaking and a foul odor.

## **Certain Homemade Remedies for Foot Fungus**

Here are some of the more common home remedies for foot that would offer extended relief from the symptoms of the condition in addition to getting rid of the bacteria and fungi behind the infection.

### **OTC Antifungal Medications**

Certain OTC antifungal medications, solutions, sprays and creams contain potent ingredients like miconazole, undecylenic acid and tolnaftate which help curb the foot fungus from spreading. Applying these medications on the infected areas at least twice every day can effectively treat the infection and bring down the symptoms of the same.

### **Foot Soaks**

A variety of foot soaks can help reduce the symptoms of foot fungal infections. These include:

#### **Hydrogen Peroxide Soak**

Soaking the feet in a diluted solution of hydrogen peroxide and water (mixed in the ratio 2:1) for several minutes can help reduce cracks and fissures in the feet, and get rid of the fungi thriving in these areas as well.

#### **Saline Soak**

Soaking the infected areas of the feet in a lukewarm saline solution (combine 1 teaspoon of salt and 1 glass of water for the same purpose) for about 30 minutes can help get rid of foot fungus and its symptoms effectively.

#### **Tea Bag Soak**

Tea bags contain tannic acid, a substance that can help treat fungal infections and reduce its symptoms. A tea bag soak (soak at least 6 bags of black tea in 1 quart lukewarm water for the same purpose) for about 15 minutes every day would also help soothe the pain and discomfort caused by the infection.



## **Vinegar Soak**

Soaking the infected feet in diluted vinegar solution for 20 minutes (vinegar and water mixed in the ration 1:4) at least twice a day can also prove to be effective in treating foot fungus and providing relief from its symptoms.

## **Dry Feet**

Keeping the feet dry constantly can prevent the foot fungus from multiplying and spreading. A dry environment would be unfavorable for the foot fungus which usually thrives in moist places. Drying the feet properly after washing it can help. Use towels or handheld hair driers to dry the feet, especially the areas between the toes.

## **Foot Rinses**

Rinsing the feet with soap solution at regular intervals throughout the day can help get rid of the foot fungus and curb its symptoms. Diluted lemon juice (lemon juice and water mixed in the ration 1:2) and diluted vinegar juice can also be used to rinse the infected areas of the feet at regular intervals in order to get rid of the infection (and the foot fungus) effectively. Make sure to dry the feet properly afterwards.

## **Foot Powders**

Individuals prone to excessive sweating can get relief from foot fungus and its symptoms by applying some powder over the feet at regular intervals throughout the day. The powder would absorb excess moisture in the feet and keep them dry for longer intervals. Excellent examples of natural foot powders you can use for the same purpose include cornstarch powder, baking soda, raw garlic (in powdered form) and powdered Aspirin tablets.

## **Foot Masks**

Applying a homemade foot mask can also help curb the symptoms of a foot fungal infection, and get rid of the bacteria/fungi causing it as well. An excellent mask for the same involves adding 5-6 drops of olive oil to crushed garlic cloves (2-3 pieces) to form a paste which needs to be applied directly above the infected areas. The paste can be washed off after about 30 minutes with lukewarm water. The remedy needs to be repeated at least for a month for extended relief and to prevent recurrences.

## **Footwear Considerations**



Wearing shoes for longer intervals can contribute to foot fungal infections. Remaining bare foot during a foot fungal infection can therefore prevent the infection from spreading and offer relief from its symptoms. Wearing open toed shoes, sandals or flip flops is considered a wise decision when fighting off a foot fungal infection. Removing the shoes and airing out the feet at regular intervals can also be beneficial. Sprinkling some baking soda or cornstarch powder in the shoes can get rid of fungus that would have latched on to the shoes and could possibly trigger a re-infection.

## **Diet for Foot Fungus**

In addition to treating a foot fungus by external means, there are certain dietary habits that can treat the infection from inside the body as well. Accordingly, some of the dietary inclusions of foot fungus treatment include:

### **Garlic**

Adding plenty of garlic to an existing diet can prove to be effective in treating foot fungus and its symptoms. Garlic contains potent antifungal properties that would help get rid of the virus causing the infection quickly and effectively. Garlic also contains antibiotic and antiseptic properties that would help promote quick healing from a foot fungal infection.

### **Yogurt**

Yogurt contains plenty of healthy bacteria called acidophilus which can tackle the unhealthy bacteria and fungi causing the infection. Therefore, eating at least 3 cups of yogurt every day can treat a foot fungal infection and bring down its symptoms almost instantly.



## Home Remedies For Foot Pain

Many people get pain in the feet due to poor posture, excess weight, bone spur, plantar fasciitis, sprains, arthritis, improper footwear etc., to mention a few. Most of these pains can be easily controlled at home without seeking the help of a specialist in the field.

Foot pain can be extremely terrible and cause a whole lot of difficulty as it can completely immobilize you and render you incapable of moving around. Therefore, more than looking at the treatment, it is important to control and prevent such symptoms from cropping up. Here are some simple remedies that can work wonders for your feet when they are writhing in pain.

## **Home Remedies For Foot Pain**

### Warm Soak

For all types of inflammations, soreness and pain, the first thing that is suggested even by a medical practitioner along with adequate medications is to try a warm soak. However, this works like a magic even without the accompaniment of medications.

Take half a bucket full of warm water and soak your feet in it for half an hour. For complete relaxation, you can fill your tub with warm water and soak your entire body in it. This is one of the most effective ways for treating foot pain.

### Hot And Cold Therapy

Alternating between heat and cold therapy too is sometimes suggested if there is an inflammation too that has to be taken care of. This procedure is known to kick start the immune system and remove inflammatory responses in the body. Heat is known to increase blood flow to the area and when followed by a cold treatment, it constricts the blood vessels and reduces inflammation.

First, apply heat on the foot with a heat pad, heat compress using a hot towel, or soaking your foot in hot water. This relaxes the muscles and increases circulation. This can be done for 15 minutes. Then alternate it with a cold compress for another 15 minutes. Repeat the process 3-4 times a day to aid in relieving the pain and swelling on the foot.

### Asparagus

Eating asparagus is known to act as a diuretic where the excess water is removed from the system and inflammations reduced. For this simple treatment, you can steam the root and eat it every day. Asparagus works best when the foot pain is associated with edema and other forms of inflammations



that prevent adequate drainage of water.

## **Mustard Seeds**

Mustard seeds have the power to detoxify your muscles and joints by removing the toxic water from your body. It also helps in improving the circulation of blood in the body and this will remove inflammation and also foot pain.

Take a handful of mustard seeds and grind them. This can be added to half a bucket of warm to hot water and the feet soaked in the water for 15 minutes. A poultice can be prepared by making a paste of mustard seeds along with water and applying the paste on the feet. Cover with a gauze and allow the paste to remain for half an hour. This will control the swelling and pain.

## **Cayenne Pepper**

Cayenne has an active ingredient known as capsaicin which is known to be a natural analgesic and anti-inflammatory agent. Capsaicin creams are available as ointments and creams for application on the foot or other areas for controlling inflammation and pain.

Take cayenne pepper powder and apply on your feet before bedtime. Keep it in place by wearing a socks or covering with gauze. There could be some kind of burning and irritation after this. However, it is a good way to control the pain and inflammation.

## **Epsom Salt**

Epsom salt is a soothing agent and reduces swelling as well. Take 2 to 3 tablespoons of Epsom salt and add this to half a bucket of warm water. Allow the foot to be soaked in this for 15 to 20 minutes.

This will offer great relief to the person and prevent foot pain and inflammation as well. Epsom salt is a healing agent as well and helps in treating wounds and infections that might be causing the foot pain.

## **Foot Massage**

A quick way to reduce swelling and increase blood circulation in the feet and prevent foot pain is by massaging the feet that is afflicted with pain for a few minutes. A good massage oil or sesame oil, baby oil or olive oil can be used for the purpose of massaging and the massaging can be done for 15 minutes each session.

This will warm up your feet and increase the circulation of blood. Foot massage is an excellent way to prevent foot pain and also inflammations that can be very troubling.





## **Ice Compress**

Using a ice compress is another way to relax and mask the pain by constricting the nerves that could be inflamed. Take an ice pack and apply on the foot. If you do not have an ice pack, you may take ice cubes and cover with a cotton or gauze and apply on the foot. Continue for fifteen minutes and repeat as needed.

## **Feet Exercises**

If your foot is sore and inflamed due to over strain on the muscles, some simple foot exercises can keep them relaxed and prevent the soreness from creeping up frequently. Sit in a comfortable chair and point your toes forward stretching as much as possible towards the front. Lift one foot up and circle your feet, first covering one direction, and then the next. Repeat for ten minutes with at least 7-6 circles with each foot. This is an excellent exercise that can relax and relieve the muscles and also to increase the blood circulation to the feet. Another fun filled exercise is to spread marbles on the floor and try to take them with your toes. This will flex your toes and muscles and ease the tension.

## **Essential Oils**

To give your tired foot a pampering massage, take 1/4th bucket of water and add four drops each of rosemary and eucalyptus essential oil and two drops of peppermint oil. Soak the foot in this medicinal and soothing water and leave it for fifteen minutes.

In the absence of these essential oils, peppermint tea can be brewed with three to four tea bags on half a bucket of boiling water and steeping for fifteen minutes before soaking your foot in it for 15 minutes.



## Home Remedies For Gas

Gas is air in the digestive tract. Digestive tract is responsible for the digestion of food. Gas is primarily composed of carbon dioxide, oxygen, nitrogen, hydrogen and sometimes methane.

Flatus (gas) passed through the anus, may also contain small amount of gases that contains sulphur, which produces odor. Everyone passes gas either by belching or flatulence (farting), but many people make it too often due to excess gas.

### Causes of Gas

Gas in digestive tract is caused by swallowing air or due to digestive mechanism. During regular activity everyone swallows a small amount of air while eating, drinking and speaking, and amount of swallowed air increases if they eat, drink or speak too fast. Second cause, digestive mechanism also produces the gas. During digestion, food is broken down in stomach and intestine by bacteria and enzymes, which produces gas. Foods that are high in carbohydrates rather than fat or proteins tend to cause gas. However, there is no particular list of food that causes gas, some food may cause gas in some people, others may not have a problem.

Most common symptoms of gas are burping, passing gas, bloating (feeling of fullness and swelling in the abdomen) and abdominal pain or discomfort.

## Home Remedies for Gas

### Fennel Seeds

Fennel seeds are known for its digestive powers. It is usually taken after a meal, as it freshen the breath and also helps in digestion.

You can prepare a brew by steeping fennel seeds (1/2 tsp) in boiling water (1 cup) for about 10 minutes. The powdered seeds can be sprinkled on the vegetables during cooking that are known to cause the gas problem. It can also be cooked with plums, pears, apples and figs.

### Lemon

Mix baking soda (1/2 tsp) and lemon juice (1 tsp) in water (1 cup). Avoid using ice water, as it can lead to digestive spasms, which can cause gas. This mixture must be consumed after meals.

## Ajwain

In India ajwain seeds can be found in most households, due to medical properties. It is considered to be an effective home remedy for treating indigestion due to its anti acidic properties. Modern lifestyle, change in diets tends to increase gas in our digestive tract.

Ajwain stimulates appetite and enhances digestion. Soak ajwain seeds in lemon juice in glass jar and dry in the shade. Take one tablespoon with warm water every night helps to alleviate gas and discomfort in stomach. Addition of ajwain seeds, and salt while kneading the dough also helps in quick digestion of food.

## Haritaki (Harad)

Haritaki is hot, carminative and it is light, works as an appetizer bringing about the stimulation of digestion and it's a promoter of life. It is devoid of salty taste .It is helpful in bringing about the ignition of the digestive fire hence very much effective in digestion of food.

Wash black harad well, wipe it and keep it in airtight bottle. Suck one piece after meal. Keep in the mouth till it dissolves completely. This is very effective for removing gas and relieves constipation. Pregnant women are advised not to try this, as it could lead to abortion.

## Cloves

They eliminate gas and pep up digestion. About 2 – 3 cloves can be added to rice while cooking. It can also be sprinkled on pears or apples while baking. Steep about 2-3 whole cloves in boiling water (1 cup) for 10 minutes, it is sweet to taste and can be consumed to relieve gas.

## Khajoor (Dates)

Khajoor is rich in vitamin B and C along with sugar, protein, carbohydrates, fats, enzymes, minerals (phosphorus and calcium). It is regarded as cooling, sweet, fattening, tonic and aphrodisiac. It is very good for relaxation in bloating and discomfort in stomach.

Soak 6-8 khajoor (date) in a cup of water overnight. Churn in the mixer in the morning and drink first thing in the morning.

## Buttermilk

Buttermilk is also known as chhach or matthha occupies a special place in health drinks. It aids in digestion and removal of other stomach disorders. It is prepared by removing the butter from cream or curd. It is churned using blender or hand, the white butter comes to top, and thin liquid at the bottom is



buttermilk.

Mix ¼ teaspoon of powdered cumin (roast it over tava and then make it fine powder), black pepper and sendha namak in a glass of buttermilk (chhach). Drink 2-3 times in a day. It helps in alleviating gas and discomfort in stomach.

## Asafoetida

Asafoetida (hing) has numerous health benefits. It is particular valuable home remedy for relieving flatulence and stomach problems. It possess anti flatulent, anti microbial, anti-inflammatory, laxative, and expectorant properties.

A pinch of asafoetida in warm water provides relief from gas. It can also be mixed with dry ginger powder and little salt in warm water. Once in a day provide relief from the gas. For children, placing the hing directly on navel helps in passing the gas.

## Mint

Mint is a wind reliever and an excellent carminative. It eliminates gas and wind and perks up working of the digestive tract. Boil about 10-15 leaves in a bowl of water and have it half an hour before meal. Wash mint leaves properly and dry in shade, make fine powder. Add 1 teaspoon of powder in curd along with cumin powder. It helps in removing stomach disorders and bloating.

## Yogurt

Yogurt is an excellent remedy for gas and also alleviates digestive woes. However, it must contain live acidophilus, a type of bacteria, which helps in digestion.

## Ginger

Ginger is quite effective in treating gas-related problems. You can prepare tea with fresh ginger and consume this drink for 2-3 times every day. Add ginger (2-3 slices) to water (1 cup) and boil it for about 10 -15 minutes. You can also consume ginger by soaking the slices in lime juice. Also, you can make a concoction by mixing lemon juice (1 tsp) and freshly grated ginger in warm water.

## Garlic

Roast about 3 – 4 cloves of garlic in clarified butter. Once they turn brown, munch them slowly.

## Yoga



Yoga places a very good role in releasing the gas. Breathing exercises, Pranayama Kapalbhati, anulom vilom are helpful in bloating.

After meal Vajra Asana, is especially very helpful. Sit down on a firm mat with your legs folded behind you. Keep your feet at a distance and butt should rest on heels. Place your hands on thighs with palms facing downwards.

### **Apple Cider Vinegar**

One of the reliable and easy remedy for gas is apple cider vinegar. Only a small quantity of the vinegar can work wonders. Mix apple cider vinegar (1-2 tsp) in warm water (1 cup) and drink this concoction to get relief.

### **Baking Soda and Lemon**

Baking Soda has ability to balance pH levels, lower acidity and its absorbent properties make it good home remedy for gas and bloating.

For instant relief of gas, mix Juice of lemon to 1 teaspoon of baking soda in a glass of warm water. Drink it down quickly. You will get a quick relief but you will have a little belching.

### **Couple of Quick Tips**

Drink plenty of water. Take more liquid, coconut water, juices aids in effective digestion and less gas problem.

Daily walk at least for 2-3 km either in morning or evening. Regular exercises, jogging, aerobics stimulate the passage of gas through the digestive tract.

Avoid fatty, deep fried food, smoking and alcohol.

Stress is one of the major cause of gas formation. So try to relax and take your mind off tension.

Including Citrus, Yogurt, coriander, pumpkin, cloves, rosemary, sweet potato helps in preventing flatulence. Include protein rich diet sprouts, salad, apple, 2-3 banana, grapes, lemon, garlic in your day to day meal plan.

## Home Remedies For Gout

Gout is caused by abnormal levels of uric acid in the body. It is a kind of arthritis in which the joints become inflamed and painful. If too much uric acid is formed in the body or if the body is unable to eliminate the uric acid then it gets deposited in the form of crystals in the synovial fluid which exists around the joints.

These crystals aggravate the joint and cause it to swell up. Though the exact cause is yet unknown, it is assumed that either it is hereditary or it is caused by certain life threatening diseases such as blood cancers, kidney diseases and diabetes. This disease is more common in men than in women and it usually involves the ankles, knees and the big toe.

There is a sudden attack of pain which is crushing in its intensity. The pain often begins in the night. The affected joint becomes red and tender and hurts abominably even at the slightest touch. The attack goes away in a few days but keeps recurring from time to time.

## **Best Home Remedies For Gout**

### Baking Soda

This simple ingredient used for leavening has found extensive use in the world of alternative remedies because of its potent healing powers. It not only brings relief in the swelling and pain but it also helps to flush out the excess uric acid through urine. It maintains the pH level in the blood and its alkalinity reduces the level of uric acid. Mix half a teaspoon of baking soda in a glass of water and drink it immediately. Drink two or three times daily.

### Garlic

Garlic is certainly a panacea for all bodily disorders and dysfunctions. It has an abundance of healing and curing virtues which restore the body from diseases and keep it fit and strong. Its antioxidant properties remove all the harmful toxins from the body and reduce the uric acid level in the blood.

Its anti-inflammatory properties bring relief in the swelling and pain. Chop four cloves of garlic and swallow with some water. Regular use will bring tremendous relief in the attacks of gout.

### Fluids

Fluids such as water and fruit juices are most crucial for lowering the uric acid levels in the body. You should drink ten glasses of water and two glasses of fresh fruit juices everyday. The liquids will flush out the uric acid and other impurities from the body through the urine. They will also prevent the uric



acid from being deposited in the form of crystals in the kidneys as well as in the synovial fluid.

### **Fenugreek**

Fenugreek is very effective in mitigating the attacks of gout and in alleviating the pain and swelling. It is extremely rich essential minerals and vitamins and contains several alkaloids which neutralize the uric acid and prevent it from crystallizing. Its anti-inflammatory properties alleviate the swelling and provide considerable relief in the pain. Grind fenugreek seeds to a fine powder and swallow two teaspoons of it with a cup of milk daily.

### **Avoid Alcohol**

Alcohol not only worsens the condition but it also helps to retain the uric acid in the body. So if you are suffering from gout you should definitely avoid alcoholic drinks.



## **Home Remedies For Hair Fall**

Hair are our crowning glory, no wonder that the sight of our comb filled with falling hair, sends the shivers down our spine. We try to consult our friends, doctors, elderly ladies at home, surf the net; basically a frantic search begins to stop the fall of our lovely locks.

This article will help you navigate through this maze of why and how of hair fall, as well as what all that you can do to stop this menace.

### **Types of Hair Fall**

Alopecia areata is a condition in which hair fall in round patches. Telogen effluvium is another condition responsible for massive loss of hair. Androgenetic alopecia affects most of the people, in males the hair recede from the forehead and move inwards into the lateral sides, in addition to this, the thinning takes place in the back of the crown. It is a common type of balding. Whereas, in females the thinning is not at specific places, it occurs all through the head. Pattern baldness is the name given specifically for Androgenetic alopecia hair fall of women.

### **Major Causes of Hair Fall**

There are many causes which can trigger loss of hair.

Genetics play a major role in hair fall and it is the most common cause. It is very common for women to experience hair fall during pregnancy and after childbirth, because of the deficiencies that arise during this phase.

Typhoid is known to cause hair fall in most of the people. The other known diseases are prolonged fevers. The way all the body functions get impaired when we are under stress, the same way stress and tension take their toll on the hair. Our hair cells need to rejuvenate, our restlessness shows its effect on the hair very quickly.

Certain medications have their side effects which manifest as hair fall. More specifically the life saving drugs fall in this category. Therefore, if you can take good care of yourself and avoid the drugs, you can save yourself from the likelihood of thinning of hair. Hair treatments with strong chemicals are often seen to be the cause of hair fall. Hair straightening gels or shampoos with certain chemicals may not suit your hair and skin. Chemically treated water supply in your house could be another culprit.

## **Home Remedies For Hair Fall**





Massage is the simplest and very effective home remedy. It stimulates the hair follicles. You may use oil or do it without oil. Gently massage your scalp with your fingertips. If you like, you can use coconut oil or olive oil or almond oil to massage your hair. Some say that massage must not be done without oil. Massage your scalp for 15 minutes every day to reduce hair fall. A daily massage will improve the blood circulation in scalp. Massage can also be done while shampooing, while rubbing the shampoo.

### **Egg Yolk and Olive Oil**

If you don't mind applying an egg on your hair, must try this wonderful remedy. Take the yolk of one egg and 1 tbsp of olive oil. Mix them very well, you can beat it in a blender, or use your hands. What your scalp needs is a gentle application of this hair promoting pale-yellow mixture. Massage the scalp with your finger tips. Leave it for 10 minutes and shower with lukewarm water.

You can use a shampoo to wash your hair. If this yolk and olive oil reedy does not irritate your scalp, continue using it every alternate day. Make sure that you are using pure olive oil. The quality of oil is important.

### **Egg Yolk and Lime**

Go exactly as above, just replace oil with fresh juice of one lemon. This is a well known Ayurvedic remedy for loss of hair.

## **Diet and Lifestyle**

### **Proteins for Hair**

American Academy for dermatology says that if you increase your protein intake, the reversal can be done in your hair loss. The proteins that can contribute for the well being of your hair are found in red meat, fish and chicken. The vegetarians must take milk and milk products, nuts, and lentils.

Pregnant women need more proteins than what they would have needed otherwise.

### **Calcium for Hair**

Huntington College of Health Sciences report makes a mention of daily need of 100 to 200 mg calcium. It can be easily derived from one cup of milk per day.

### **Drink Water for Hair**

Drink at least 2.5L to 3L water every day. Water will help the body to flush out toxins easily. Toxins and



pollutants which get into the body hamper the health of the scalp.

### **Take Vitamins**

Vitamin B6, A, H and E are required to maintain the health of your hair. Keep in mind to take foods that contain these vitamins. Red and green peppers, nuts, dairy products, green vegetables, eggs, liver, yellow fruits and vegetables. Don't get into the nitty gritty of food items, but eat a generally healthy and well balanced diet.

Deficiency of nutrients can hit the health of the hair very hard. Though lack of appropriate diet is not always the reason for hair fall, still one cannot rule out this important factor.

### **Tips to Dry Your Hair**

The use of hair dryers is another factor for hair fall. You must allow the hair to dry naturally. Hence plan your hair-wash well in advance so that there is no hurry. Dryers damage the hair and follicles. Even scrubbing your scalp harshly with a towel also harms the hair, they become weak when wet and start falling.

### **Yoga for Hair**

There are two very beneficial Yogic postures for stopping your hair fall.

#### **Kapalbhati**

This breathing exercise can do wonders to cleanse the frontal lobe of your brain. You need to sit straight in cross-legged position. Keep your hands on your knees. It should be learnt by watching somebody doing demonstration, otherwise it is not possible to do it properly, though it is not a difficult exercise.

#### **Sarvangasana**

It is a shoulder stand type of exercise, where you raise almost whole of your body with your feet up towards the sky. The entire body rests on your shoulders with back of your head and top of your shoulders touching the ground. Your legs and backbone should be straight and placed vertically at an angle of 90 degrees to the ground. The hands are used for providing support to the backbone and are kept at the waist level.

### **Recommended Natural & Herbal Products**



- [Bhringraja – Hair and Skin Care](#)
- [ZYX Hair Loss Cream](#)



## Home Remedies For Hair Growth

Normally hair grows at an average rate of twelve to fifteen centimeters, every year. However, major culprits like stress, exposure to sun, pollutants, genetic risk, lack of sleep, vitamin deficiency, certain medical conditions and medications can strip essential nutrients and proteins from your hair, which inadvertently, retards hair growth.

In such cases, promoting hair growth via natural, homemade remedies can effectively nourish and strengthen your hair from its roots, without causing any damage to your hair. In fact, the first step towards promoting hair growth is to prevent hair loss. Follow these simple and effective remedies that can be made in the comfort of your own home for obtaining long and healthy hair.

## Home Remedies For Hair Growth

### Coconut Milk

Enriched with proteins, essential fatty acids and iron, coconut milk acts as an organic stimulator for hair growth. It strengthens the hair by preventing hair breakage and leaves you with soft and supple hair.

Freshly extracted coconut milk can either be applied by adding it to shampoos and conditioners or can be directly massaged into the hair roots. Allow it to stay for 15-20 minutes and then rinse your hair using a mild shampoo. You can also add honey or glycerin to coconut milk and use it as a deep conditioner for hair.

### Egg

Consisting of about 3.6-6.5 grams of protein, eggs help in combating hair loss by nourishing your hair with essential proteins that strengthen and add volume to your hair. Break an egg open and beat the egg white and the yolk in a bowl using a fork. Add a teaspoon of olive oil or honey for an extra moisturizing effect and apply it on your hair as a conditioner after shampooing.

Make sure that you concentrate on brittle hair strands and split ends to promote hair repair. Wash the egg conditioner after 10-20 minutes and then apply a moisturizing conditioner. Rinse your hair with warm water and style it as usual.

### Aloe Vera

Rich in essential fatty acids, zinc, iron and vitamin A, C and E, aloe vera serves as a natural hair conditioner by stimulating new hair growth. It blocks excess secretion of sebum, which promotes hair



loss by attracting bacteria, dirt, dust, etc. If used at the first stage of hair loss, aloe vera can effectively promote hair growth by making the hair stronger and thicker.

In fact, it is a well-known remedy used for increasing the volume and promoting the growth of lustrous hair. Mix two teaspoons of aloe vera gel, two teaspoons of olive oil and one teaspoon honey in one ounce of warm water and apply this remedy on the scalp. Shampoo your hair after 30 minutes. You can also make an aloe vera shampoo by combining aloe vera with wheat germ oil and coconut milk and use it as often as possible.

### **Coconut Oil And Lemon**

It is very important to massage oil into your hair at least twice or thrice a week to improve blood circulation in the scalp and strengthen hair follicles. Oil promotes hair growth by providing essential nutrients to the hair, moisturizes it and protects the scalp from bacteria and environmental toxins.

One of the most common oils used for hair growth is coconut oil. It contains anti-microbial agents that prevent hair loss due to bacterial and fungal attacks on hair follicles. Applying lukewarm coconut oil mixed with lime juice at bed time effectively fights dandruff that promotes hair loss.

### **Avocado Mask**

Endowed with essential nutrients like vitamin B and E, avocados strengthen the hair and repair damaged and brittle hair. It is also composed of natural oils and mono-saturated fats that moisturize and soften your hair. Mash an avocado and add egg yolk and one teaspoon of wheat germ oil to it. Apply it on damp hair and massage thoroughly into the scalp and hair and rinse with warm water after 20 minutes.

### **Coriander Juice**

Regular application of the juice of coriander leaves on the head prevents hair balding and progressive thinning of the hair. Packed with vitamin C and iron, it eliminates free radicals that retard hair growth.

Make a coriander hair rinse by boiling coriander leaves in water and apply this on your scalp and hair. Wash it after 15-20 minutes using a regular shampoo. You can also drink coriander juice to promote re-growth of hair.

### **Onion Juice**

Onions are known for their ability to reverse hair loss by opening up the hair follicles and promoting the growth of new hair. It acts as an effective anti-septic agent to fight fungal and bacterial infections that promote the thinning and shredding of hair.



Squeeze the juice from the inner red part of the onion and filter it. Massage the juice only on the scalp and wash your hair after 10 minutes. Use this remedy daily for two weeks to strengthen your hair and prevent hair loss.

## **Essential Oils**

Rubbing the scalp with essential oils like peppermint oil, tea tree oil, basil oil, jojoba oil, rosemary oil, etc. can effectively clear hair follicles, thus removing the debris and the bacteria from the scalp. These oils have a remarkable ability of retaining water that is needed for hydrating the hair, thus preventing it from becoming brittle and weak.

You can massage different combinations of essential oils into your scalp like 3/4 teaspoon of rosemary with 3/4 teaspoon of jojoba oil and leave it on for 2-3 hours by covering your head with a shower cap. These oils can also be mixed in trace amounts with coconut oil for moisturizing, rejuvenating and strengthening your hair.

## **Amla Oil**

Indian gooseberries or amla helps in repairing the damage caused by sun exposure, cold, dust and the chemicals found in shampoos and conditioners. Oil extracted from amla has been used since time immemorial for preventing hair loss and for promoting hair growth.

Massaging amla oil into the hair stimulates blood circulation and opens the hair follicles to allow the passage of natural oils from the scalp that promote hair growth.

## **Fenugreek**

Fenugreek is a traditional remedy used against hair fall due to its ability of decreasing the shredding tendency of hair. Soak fenugreek seeds in water for 24 hours. Strain the liquid and apply it on your scalp. Cover your head with a shower cap and allow the liquid to stay for about 3 hours. Rinse your hair using lukewarm water. Repeat this remedy for a month on a daily basis and see the difference in your hair.

It is important to bear in mind that your hair is a delicate part of your body and hence, exposing them to strong chemicals found in shampoos and hair-care products can cause considerable amount of damage to your hair. Try as much as possible to adapt natural means by using the aforementioned home remedies for preventing hair loss and for promoting hair growth.

## **Recommended Natural & Herbal Products**



- [Bhringraja – Hair and Skin Care](#)
- [ZYX Hair Loss Cream](#)



## **Home Remedies for Headache**

Headache is quite common. People from all ages and all walks of life suffer from headaches quite frequently. They also take certain medicines to get rid of headache and spend too much money by taking some ineffective drugs. What these people don't know is headache can be easily treated with the help of some home remedies which are mentioned below.

### **Home Remedies For Headache**

#### **A Paste Of Clove And Salt Crystals**

This is an effective home remedy for headache. All you have to do is make a paste of clove powder and salt crystals and add the mixture in milk and consume it. The salt crystals in the mixture are hygroscopic and hence absorb all the fluids in the head thereby reducing the intensity of headache.

#### **Lemon And Warm Water**

Take some warm water in a glass and add some lemon to it. Drink this mixture and see you will be able to reduce the intensity of your headache. This home remedy is mostly beneficial for headache as some of the headaches are caused due to gas in the stomach. This mixture helps you to get rid of the gas as well as the headache.

#### **Massage With Eucalyptus Oil**

Another best way to get rid of headache is to massage your head with Eucalyptus oil as it is a pain reliever and can provide you with instant relief.

#### **Warm Milk**

Milk especially that of cow when made warm and consumed can help you to get rid of the headache. You can also add some ghee in your diet if you are suffering from headache.

#### **Cinnamon Powder**

One of the best home remedies that you can use to get rid of headache is to grind some cinnamon and make a powder out of it and make a paste by adding some water. Apply this paste on your head and you will find instant relief from headache.

#### **Sugar And Coriander**





You can also get rid of your headache by drinking a mixture made up of coriander, sugar and water. This home remedy is highly effective especially if the headache is caused due to common colds.

### **Apply Sandalwood**

Take some sticks of sandalwood and make a paste out of it by rubbing it in water. Apply this paste on your forehead and you will find complete relief from headache.

### **Coconut Oil**

Massaging with coconut oil for fifteen to twenty minutes can help you to get rid of your headache. This home remedy will work wonders especially when you suffer from headache in summer season as it helps provides coolness to head and reduces pain.

### **Garlic Juice**

Take some pieces of garlic and extract a juice out of it and drink at least 1tsp of garlic juice. The garlic when consumed permeates the head region and works as a painkiller and hence helps you to get rid of your headache.

### **Keep Your Legs In Hot Water**

The another home remedy that you can use to get rid of headache is by sitting on a chair and keeping your legs dipped in a bucket filled with hot water. Do this at least for a period of fifteen minutes before going to bed. Do this for a minimum of two to three weeks especially if you are suffering from chronic headache or headache caused due to sinus.

### **Apple**

Once you get up in the morning, eat a piece of apple by applying some salt to it. Once you eat the apple, drink some warm water or milk. Do this for a period of ten days and see you will be able to get rid of persisting headache.

### **Almond Oil**

Almond oil is also one of the best home remedies that help to get rid of headache. Massaging with almond oil for a period of fifteen minutes can also relieve your from headache.

### **Coriander, Cumin And Ginger**



Drinking a tea made up of coriander leaves, cumin seeds and cumin can help you to cure headache fast and easy. Take some hot water and put these three into it and boil it for a period of 5 minutes and then drain it and drink the liquid at least twice a day till you feel better.

### **Betel Leaves**

Betel is known for its analgesic properties. It helps you to get rid of your headache effectively. All you have to do is take a few leaves of betel and make a paste out of the leave and apply it on your forehead or on the center of your head and see you will definitely be able to get relief from the pain caused due to headache.

### **Avoid Cheese**

Products such as cheese and chocolates and mutton should be completely avoided from your diet when you are suffering from headache. Instead of this, eat some foods that are rich in Vitamin C and D and B12 and proteins and calcium.

Include more and more green and leafy vegetables such as cabbage, cauliflower, fenugreek and others in your diet. Also, don't eat any kind of junk or outside food if you want to get rid of headaches.

### **Sleep Well**

A major reason behind people suffering from headache is they don't get appropriate sleep. Thus, to get rid of headache you need to avoid it in the first place. Thus, sleeping for at least a period of six hours can keep you away from headaches. These were some of the best home remedies that you can use to get rid of your headache. Remember, to get rid of headache from its root you need to make some more positive changes in the way you live as well as follow these home remedies.

If you smoke then it is advisable that you give up the habit of smoking as smoking leads to stress and stress in turn leads to severe headache. So the next time you get a headache just follow these home remedies and see how you will be able to get rid of your headache in a fast and effective manner and that too with the comfort of sitting at your home and without wasting too much money.



## **Home Remedies For Heartburn**

Millions of people suffer from heartburn. It is a very painful condition that results from high level of stomach acids that splatter in the esophagus. Overeating or too much pressure on the stomach often contributes to this problem. Certain foods like coffee, alcohol, caffeinated products and foods high in spice and oil can cause heartburn.

An individual with heartburn experiences a burning sensation in his chest, behind the breastbone. Starting from the chest area, the pain may make its way even to the throat, jaw and neck. The pain may get worse when the person lies down. The symptom usually shows immediately after eating.

The condition is known as acid indigestion or pyrosis in medical term. There are many over the counter antacids and medications that can relieve the symptoms, but they cannot minimize its occurrence.

## **Home Remedies For Heartburn**

There are many simple remedies available at your home that can relieve heart burn and also prevent its occurrence. But those who get frequent attacks of heartburn must seek medical help as it could be a sign of some major health problem.

### **Apple Cider Vinegar**

Mix 1 tablespoon apple cider vinegar in a glass of water and drink. The acid contained in the vinegar reduces stomach acid by converting it to alkaline. Raw organic vinegar is best for heart burn. You can also consume apple cider vinegar along with 1 tbsp of raw honey. This will also reduce the acid and ease the process of digestion.

### **Aloe Vera Juice**

Aloe Vera juice has been used for centuries for soothing the irritated esophagus and relieving heartburn. Aloe Vera juice especially formulated for drinking is available in drug stores.

### **Drink Lots Of Water**

The moment you feel the sign of heartburn, drink as much water as you can. This will help to push back the stomach acid out of esophagus back to the stomach and relieve you from heart burn.

### **Eat Apple, Celery Stick Or Cabbage**



When you have heartburn, eat an apple. Apple takes hardly 5 minutes to neutralize the acid in the stomach. Eating raw cabbage or celery stick also helps to minimize the acid in the stomach and bring relief from heartburn.

### **Baking Soda**

Baking soda, which is a natural antacid, can treat heartburn. Take 1 teaspoon baking soda and mix it in a glass of water and drink. It will provide a neutralizing effect and reduce the discomfort caused by heartburn instantly.

### **Raisins**

Chewing a handful of raisins and swallowing its saliva can bring relief from heartburn by neutralizing the stomach acid.

### **Ginger Tea**

Prepare ginger tea by adding ginger roots in boiling water and adding honey to it. It helps to sooth the stomach and brings relief. Ginger capsules are also available in drug stores.

### **Fennel Tea**

Boil fennel seeds in a cup of water. Bring it to room temperature. Strain and drink the tea to get relief from heartburn.

### **Parsley**

If you experience frequent heartburn, adding parsley in your daily diet will benefit you. Chewing sprigs or drinking parsley tea twice a day will improve your digestion and give relief from heartburn.

### **Buttermilk**

Drinking buttermilk is an age old remedy for heartburn. For getting relief from heartburn, drink half a cup of chilled butter milk twice or thrice a day.

### **Almonds**

Almond can neutralize stomach acid very fast and improve your digestion. Eat 10-15 almonds daily to avoid heart burn.



## **Basil Leaves**

Chewing 4-5 basil leaves can bring instant relief from heartburn by reducing stomach acid. Its regular consumption can combat nausea and gas.

## **Bananas**

Eating bananas can help to relieve you from heartburn as they work as a natural antacid.

## **Chamomile Tea**

Along with being a good stress reliever, chamomile tea aids in digestion and neutralizes the stomach acid. Regular consumption of chamomile tea can minimize the occurrence of heartburn.

## **Turmeric**

Turmeric can prevent acid buildup by promoting healthy digestion. Turmeric can be used for preparing meals. Add them in curries or take turmeric in capsule form. It has great antioxidant and antifungal properties.

## **Lifestyle Alterations**

By making small changes in your life-style, you can get relief from heartburn. To avoid heartburn, eat your meals 3-4 hour earlier before going to bed.

Eliminate fried, greasy and fatty foods, coffee, tea, citrus fruits, tomatoes and alcoholic beverages that trigger heartburn. Eat smaller meals as overeating can trigger heartburn.

## **Exercise**

If you are overweight, your excess weight can put pressure on the abdomen, causing the acid to race back to the esophagus. Exercise regularly to lose weight as well as to maintain a healthy weight.

## **Quit smoking**

Smoking decreases the ability of the lower esophagus to function properly. So quit smoking to reduce the chances of heartburn.

## **Recommended Natural & Herbal Products**



- [Cardocare Capsules](#)
- [Dilguard+](#)



## **Home Remedies For Heel Pain**

Heel pain can occur due to various reasons. The most common among them are poor posture, obesity, improper foot wear or unstable gait. Other reasons for heel pain can be gout, arthritis and rheumatic condition.

Heel pain should be treated as soon as it is detected to prevent it from becoming permanent. It can be managed with simple home remedies that bear fruitful results if followed regularly.

### **Home Remedies For Heel Pain**

#### **Wear Proper Foot Wear**

Do not wear worn out shoes as they can hurt your heels while walking. Wear proper shoes to suit the occasion. For walking or jogging you should always wear sports shoes which have shock absorbing qualities.

Ladies should wear high pencil heels only on special occasions and that too for short periods of time. High heels cause unnecessary strain on calves and heels and cause pain. People suffering from heel pain can use heel pads in their shoes to support the heels. It eases pain and soothes paining heels.

#### **Massage**

Heel massage gives instant relief in heel pain. It stimulates blood circulation and relieves muscle tension in the area. Regular heel massage can treat heel pain permanently. You can use sesame oil for massage as it has the ability to warm up the area and penetrates easily in to the skin.

It relaxes the muscles and relieves heel pain. Pain relieving herbal oil that contains the extract of arnica, ginger, camphor and peppermint are very effective to treating heel pain.

#### **Icing On The Heel**

Icing helps to reduce swelling and pain in heel by contracting the muscles. Pack some crushed ice in a plastic or cloth bag and gently massage the heel for 10-15 minutes.

Stop for 10 minutes and as you feel the heel warming up start massaging again for 10 minutes. Do it 2-3 times and repeat two times a day. You can do icing on the heel with an ice cube; wrap an ice cube in a handkerchief and massage the heel as mentioned above.



## **Weight Management**

Obesity puts extra pressure on your legs and feet. It is one of the most common factors for heel pain. You should manage your ideal weight to treat and prevent heel pain. Follow a regular exercise regime and proper diet for weight management. You can consult a dietician and a physical trainer for proper guidance to begin your weight management programme.

## **Stretching Exercises**

Stretching exercises for heel is a remarkable way to treat heel pain. These are simple exercises and can be performed at any time. You should do two to three sessions of stretching exercises to relieve heel pain.

Sit on a straight backed chair or on a firm mattress. Fold your one leg from the knee and place it on the other leg. Hold the toe with your hand and bend your foot forward and backward as much as you can. Do it 20 times on each side. It helps to stretch the entire muscles of the foot and relieves heel pain. In case of severe pain do the exercise gently and for a lesser period of time.





## **Home Remedies For Hernia**

Hernia is a condition in which the inside membrane of the abdomen wall gets so weakened that it bulges up and sometimes tear up. This condition is followed by painful experiences for the sufferer. But there are some efficient natural ways to get better results in curing hernia, and some of them are listed below.

### **Home Remedies for Hernia**

#### **Diaphragmatic Breathing**

The first step to alleviate the pain of hernia is by teaching your body to relax. For this exercise first of all you need to lie down in a comfortable area. Then you need to bend down your knees and pull your legs closer to the buttocks. The next step is to put your hands over your abdomen with a light grip. Next is to breathe-in while slowly putting pressure over your abdomen.

When you can't inhale more slowly let the air out through your mouth and also relax the pressure over your abdomen simultaneously. Repeat this process. This type of systematic breathing helps you to get relaxed and in turn makes your body physically strong. Also it helps in relieving the mental pressure.

#### **Intake of Water**

The pattern of intake of water is another factor which can help you a lot in easing of the pain. Do not take water during the meal but half an hour before and after the meal. It has a positive effect on your digestive pattern and that in turn decreases the burning sensation of your body.

#### **Take Juices to be Healthy**

Raw juices of both fruits and vegetables help a lot in effective reduction of the symptoms of Hernia. They contain vitamin A and calcium which helps in lessening the pain of hernia. Carrot juice is one of the most commonly taken drinks. Another effective drink is to have fresh tomato juice with a pinch of pepper and salt especially during early morning.

#### **Rice**

The thick and sticky gruel of rice when mixed with buttermilk proves to be a very effective natural cure for hernia. A ripe banana can also be taken with this mixture. It should be taken twice daily to avoid the symptoms related to indigestion and burning sensation.



## **Elevating the Bed**

Another effective reduction of symptoms of hernia can be obtained by this method. The head side of the bed when elevated helps in proper breakdown of the taken food thus helping with proper digestion.

## **Take Rest to Get Better**

Patients suffering from hernia should be very cautious after in taking of a meal. Do not go for any sudden exhausting activity immediately after having your meal.

Rather take some rest after your meal and sit in a straight posture.

## **Losing of Weight**

If you are suffering from hernia and you are overweight then those two makes the deadliest combo for your body. So the first step is to reduce your body weight effectively. But remember not to go for any rigorous exercises or diet pattern. Rather reducing your weight by natural ways like walking and light exercise.



## **Home Remedies for High Blood Pressure**

Hypertension is a condition that is characterized by an increase in the blood pressure in the arteries that distribute blood throughout the body. In simple terms the excess pressure placed by the blood vessels on the arteries will block the latter, making it difficult for the blood to flow from the heart to the major organs and tissues in the body and vice versa.

If left untreated, hypertension can lead to potential life threatening conditions like strokes, heart attacks, kidney failure, loss of vision and brain damage etc.

### **Types of High Blood Pressure**

Hypertension can be classified into two broad categories which include:

Primary Hypertension: which usually occur as a result of genetic traits combined with environmental factors. Secondary Hypertension: which usually occur due to identifiable causes like renal disease, obesity, hyperthyroidism, hyperthyroidism and sleep apnea etc.

### **Common Causes for High Blood Pressure**

Hypertension in individuals is usually caused by conditions like obesity, kidney diseases, abnormal blood vessels, thyroid deficiencies, adrenal diseases and eclampsia (in pregnant woman) etc. Factors like old age, genetic traits, lack of physical exercises, increased intake of sodium aka salt, use of birth control pills, frequent use of pain relievers and excess alcohol consumption etc. can also lead to hypertension in the long run.

### **Symptoms of High Blood Pressure**

Hypertension is often called a 'silent killer' because it does not cause any potential symptoms. In fact, many individuals suffering from high blood pressure hardly experience any symptoms until the condition becomes serious.

Nevertheless, there are some telltale signs that can help identify the possible threat of high blood pressure in an individual. These include frequent headaches, breathlessness, disorientation, nausea, vomiting, fatigue, sleep apnea, insomnia, excessive sweating, epistaxis (nose bleeding) and blurred vision etc.

### **Effective Home Remedies for High Blood Pressure**



Hypertension can be effectively controlled with a few home remedies, the most common of which are given below.

### **Watermelon Seeds**

The seeds of this fruit contain cucurbititrin, a compound that can help widen the blood vessels. This would reduce the pressure placed on the arteries to a great extent. Cucurbititrin can also improve kidney function, thereby reducing hypertension caused by kidney diseases.

Dry watermelon seeds nicely and crush them to form a powder. Add two teaspoons of the powder to a cup of water and boil the mixture nicely. Steep the solution for an hour, strain it and then drink at least half a cup of it regularly (at least 3 times a day).

### **Garlic**

Garlic can help reduce hypertension and its related symptoms to an extent. The best option would be to consume it raw (at least a few cloves) and then drink some water. Do this first thing in the morning to control hypertension effectively. Alternatively, you can pound the garlic and mix it with water to form a paste that you can gulp down at regular intervals throughout the day.

### **Honey and Onion Juice**

Honey is known to be an effective antioxidant that can cleanse the body off impurities and harmful organisms that can contribute to hypertension. You can either consume it with ginger juice or onion juice for desirable results.

Accordingly, add a few drops of onion to a tablespoon of either onion or ginger juice. Drink at least 2 tablespoons of this remedy every day to keep hypertension and its associated symptoms at bay.

### **Curry Leaves**

Curry leaves can help reduce hypertension and control its symptoms to an extent. Extract the juice of a few curry leaves and mix it in a cup of water to make a solution. Drink this solution on an empty stomach every morning for desirable results.

### **Brown Rice**

Individuals with hypertension can get relief from the condition by eating brown rice (preferably boiled rice) every day. Brown rice contains certain compounds that can have a soothing effect on the brain, thereby reducing nervousness and the high blood pressure levels associated with it. Brown rice also contains calcium which is considered to be a nutrient the body needs to combat hypertension.



## **Bananas**

Bananas contain high amounts of potassium which can help lower hypertension and provide relief from its symptoms. Bananas are also cholesterol free and can reduce your sodium intake to a great extent. Try eating at least 2 bananas every day for desirable results. Other alternatives (for potassium rich foods) you can try out include raisins, spinach, oranges, dried apricots and sweet potatoes.

## **Coconut Water**

Drinking plenty of coconut water along with normal water on a regular basis can help control hypertension and its symptoms. Regular intake of coconut water can in fact reduce hypertension quickly and effectively.

Along with drinking coconut water on a daily basis, you can opt to substitute the cooking oil you normally use with coconut oil. Doing so would reduce hypertension as well as your cholesterol levels to a great extent.

## **Cayenne Pepper**

Certain substances present in cayenne pepper can aid in the smooth flow of blood throughout the body by stopping the accumulation of blood platelets in the blood vessel. This in turn would prevent the formation of blood clots that can increase the pressure of the blood vessels on the arteries.

A pinch of cayenne pepper every day is all that is needed to reduce hypertension to an extent. Accordingly, you can opt to add it to the dishes you cook or sprinkle some of it on a salad.



## **Home Remedies For Hoarseness**

An abnormal change in the voice is generally referred to as hoarseness. The voice appears husky in this case due to an irritation caused in the vocal chords. There are several forms of hoarseness which includes changes in the volume of the voice tone, raspiness, voice straining and breathlessness.

Sound is produced when the vocal chords are combined due to narrowing of the air flow while speaking or singing.

### **Causes Of Hoarseness**

Swelling from common cold is more likely to cause acute laryngitis. When screaming at a rock concert or sporting event a viral infection in the upper respiratory tract or irritation can be caused by unwarranted use of your vocal chords.

Human papilloma viral infection can also cause a growth in the larynx leading to hoarseness. Children who shout at play and adults who raise their voice at work are prone to vocal nodules. In rare cases polyps or nodules may cause cancer.

### **Symptoms Of Hoarseness**

Common symptoms of hoarseness include a painful throat, harshness and roughness in the voice, loss of voice. Occurrence of tonsillitis or mononucleosis is common in some cases. Many people also experience a cough, fever and a running nose.

## **Home Remedies For Hoarseness**

### **Ginger**

To prepare your ginger treatment for treating hoarseness, take a small ginger root and peel its skin. Put the sliced pieces in the shape of thin coins inside a small pot of water. Make a tea by boiling the pieces till the color turns straw yellowish or tan.

Sweeten the tea with three tablespoons of your most favored honey. The tea is now ready to sip. Once you swallow it, a feeling of a sharp tingle will be experienced in your throat. You will notice your throat clearing up with every sip of this tea that you take. If you are looking to get your voice back after a cold this tea works best.

### **Onion Syrup**



Gargling with onion syrup, lemon and honey can cure the hoarseness in your voice. Onion syrup can be prepared by slicing three large onions and adding them to four to five cups of water and simmered till it catches a syrupy texture.

Now strain this mixture and take a glass of warm water to add five to six tablespoons of this syrup to it. For better effects add a dash of lemon and a tablespoon of honey to the mixture and slowly sip it.

### **Turnip And Honey**

To prepare the honey turnip treatment, slice a white turnip in circular form by slicing horizontally and applying honey to it. Put the slices together like a sandwich and hold tightly. Now slice this longitudinally and reapply the honey. Now, use a clean, washed thread and lightly tie the pieces together so that they hold on to each other. Now take some more honey and pour on them.

After leaving this for twelve to fourteen hours you will notice that the turnip-honey syrup has collected at the bottom of the cup. Take a teaspoon of this mixture thrice daily with warm water for instant relief. Water boiled with turnips can also be used as an effective gargle to treat voice hoarseness.

### **Homemade Gargle**

Add a teaspoon of fennel to a glass of water and gargle with it. Now grind together equal amounts of liquorices and lump sugar and keep the mixture in a bottle. Consume at a time,  $\frac{1}{4}$  to  $\frac{1}{2}$  a teaspoon of this mixture. Let the mixture stay in your mouth while your saliva mixes with it. Swallow the mixture gradually in small quantities at a time.

This is best for soothing your throat and providing instant relief to hoarseness in your voice. Those who are comfortable with the pungent taste of black pepper can add it to the mixture to make it more effective. Most people find black pepper to be more irritating rather than soothing though.

### **Diet For Patients Suffering From Hoarseness**

Some people may experience acid reflux and hoarseness with the intake of spicy foods. This is why mild food and seasoning should be consumed to prevent the condition from worsening.

Examples of spicy foods include hot peppers, salsa, chili, miso paste; spicy curries and Asian stir fried dishes. Sweet spices like spearmint and peppermint and some Mexican dishes are also considered to be spicy food.

### **Other Treatments For Hoarseness**



Some other remedies to treat hoarseness includes consumption of adequate amount of water, speaking softly, speaking less and also availing professional voice training. Those suffering from hoarseness in their voice should avoid speaking or singing too often as it increases the hoarseness.

Drinks with alcohol and caffeine should also be avoided. You can also try the simple black pepper remedy to treat hoarseness which implies mixing  $\frac{1}{4}$  teaspoon of black pepper powder and 1 teaspoon of clarified butter together for consumption. Honey can be used to treat voice hoarseness too. Make a juice of ten basil leaves and add honey to it. Now, just lick on this delicious mix for instant relief. To bring your voice back, just a spoonful of this mixture is enough.





## **Home Remedies For Hot Flashes**

Hot flashes are the very common problem that every woman suffers in her life. It occurs during the menopausal stage of a woman. Some may feel these changes and some may not feel any changes. This is mainly due to the hormonal changes in the body and reduction in the amount of estrogen in the body. With some simple home remedies this can be warded off.

### **Home Remedies for Hot Flashes**

#### **Papaya**

Intake of papaya helps to increase the estrogen in the body. So, every day about 2 to 3 slices of papaya can be consumed. The seeds of the papaya should be sun-dried and powdered. This also helps to increase the estrogen levels. A half teaspoon of this powder should be consumed with milk.

#### **Garlic**

Garlic is another effective muscle constrictor. This helps in stimulating the nerves and tissues thereby increasing the function of the cells in the body. Therefore, consuming crushed raw garlic helps in stimulating the uterine cells to increase the production of estrogen.

#### **Lemon Water**

Lemon honey water is good soother. Intake of this juice when having hot flashes helps in calming down the mind by providing the glucose content to the body without harming it.

#### **Beetroots**

Beetroot is the king of vegetables which are rich in iron content. So Beetroot should be consumed daily. Fresh juice of beet mixed with a few drops of lemon and black salt is very good for hot flashes. Beet leaves are also equally effective. A stew made out of these leaves can be consumed at least weekly twice to get good amount of iron content from it.

#### **Almonds**

Almonds should be taken and soaked in water overnight. Next day morning the skin of almonds should be removed and consumed. This is very helpful in hot flashes.

#### **Cloves**



Cloves should be dry roasted in heat for about 10 minutes. This can be powdered and kept in an airtight container. Every day half teaspoon of this can be consumed to stimulate the uterus.

### **Green Tea**

This helps to relieve the headache and aids in food digestion. Any indigestion problem that occurs during hot flash can be relieved by consuming green tea. Black tea with honey can also be consumed for the same purpose.

### **Hot Fomentation**

A hot water bag can be kept over the abdomen to relieve any pains in the abdomen. This can be kept for 15 to 20 minutes.

### **Hot Foot Bath**

Hot foot bath helps by creating a derivative effect on the uterine blood vessels. It helps in relieving the hot flashes and the best time to take this is at night before going to bed. This gives you a good sleep. It also helps in relieving the headache caused during the hot flashes.

### **Neutral Baths**

Generally during hot flashes taking cold or hot water bath is not advised. Thus, neutral water bath helps in relieving the hot flashes in the body.

Generally the woman should stay cool and relaxed. Oily and spicy foods should be avoided as these are the main triggering factors which cause the hot flashes in women.



## **Home Remedies For Indigestion**

Also called as dyspepsia, indigestion can be quite a troublesome medical condition. Indigestion usually occurs when an issue crops up with the regular secretion of stomach acids (aka digestive juices) in the stomach. And most of the times, this happens due to an improper diet or unhealthy eating habits.

Indigestion needs to be taken care of promptly in order to avoid much more serious conditions in the future. And the exact cause of the condition would have to be known in order to follow the right treatment. Given below are some of the common causes and symptoms of indigestion, along with a few essential home remedies that can help treat the condition effectively.

### **Causes for Indigestion**

Indigestion can be caused by any condition that disturbs the normal secretion of the stomach acids. As such, some of the common causes for indigestion include overeating, eating quickly without chewing the food properly, eating fatty, fried, greasy, oily and spicy foods, smoking, alcohol consumptions, excess intake of caffeinated products, anxiety, constipation, stomach ulcer, gastritis, intestinal blockage, gallstones, celiac disease, pancreatitis, peptic ulcers and intestinal ischemia etc.

### **Symptoms of Indigestion**

Indigestion can cause quite a few bothersome symptoms and side effects in individuals. These include bloating, burning sensation in the stomach and abdominal regions, excess gas formation, abdominal pain, early fullness during meals, nausea, vomiting and belching etc.

### **Home Remedies for Indigestion**

Indigestion can be easily treated with the help of certain home remedies, the more common of which, are given below.

#### **Cinnamon**

Drinking cinnamon tea daily can take care of indigestion and its symptoms like gas formation and bloating. Add cinnamon powder (1/2 teaspoon) to water (1 cup) and boil the mixture nicely for about 15 minutes. Let the mixture cool down to room temperature. Strain it and drink it to get instant relief from the pain, discomfort and burning sensation caused by indigestion.

#### **Baking Soda**



Excess stomach acids in the digestive tract can cause indigestion. Baking soda would neutralize the stomach acids and reduce the gas, cramps and bloating caused by indigestion. Add baking soda (1 teaspoon) to lukewarm water (1 glass) and stir nicely till the baking soda dissolves completely. Drink this solution to get instant relief from indigestion and its symptoms.

## **Ginger**

Chewing on some raw ginger slices after meals can get rid of the uncomfortable feeling of fullness a nausea. It can also effectively cure the stomach ache, bloating, gas and cramps caused by indigestion as well. Peel a piece of ginger and place it in between your teeth at the back of your mouth. Bite down hard on the ginger piece and suck on its juice slowly.

Doing so would provide immense relief from indigestion. Alternatively, grind some ginger pieces and add the resultant paste to hot water (1 cup). Let the mixture steep for 5 minutes or so. Strain the concoction and drink it to get rid of indigestion quickly.

## **Orange**

Low levels of stomach acids in the digestive tract can also cause indigestion (there would not be enough acid to digest the food that is consumed).

Orange contains ascorbic acid and citric acids, both of which would increase the levels of the stomach acids in the stomach, thereby quickening the digestion process and treating indigestion in addition to preventing recurrences.

Note: Pineapple also works well for indigestion, and can be used as a substitute for orange.

## **Apple**

Apple contains high amounts of fiber that can improve the digestion process and effectively clear out intestinal blockages. This would in turn, prompt the smooth flow of food through the digestive tract, thereby treating indigestion and its symptoms very quickly. Eat an apple after meals every day for the same purpose.

Note: Try eating the apple with the peel, for the peel is a rich source of fiber.

## **Grapefruit Peel**

The peel of a grapefruit is enriched with nutrients that can stimulate the production of digestive acids in the stomach and promote the smooth flow of food through the digestive tract. Peel a grapefruit and grind the peel to form a coarse powder.



Sun dry this powder for about an hour or so. Store the powder in a bottle and consume a teaspoon of it whenever you suffer from indigestion. The powder would start working almost immediately, and would offer prompt relief from indigestion and its symptoms like stomach ache and cramps etc.

### Water

Drinking a glass of lukewarm water whenever you feel indigestion setting in, would help get rid of the condition promptly. Water would dilute the excess stomach acids, thereby providing immense relief from the pain, burning sensation and bloating caused by indigestion.

Opt to drink a glass of lukewarm water at regular intervals throughout the day. You can also add some ginger and lime juice (a few drops each) to the water along with honey (1 teaspoon) before drinking it.



## **Home Remedies For Insomnia**

If you check the health database, you get to know that it is not just you, but millions of others who are caught in the ugly grip of insomnia. Difficulty in falling asleep is a difficulty that is indeed difficult to live with! When we take a sneak peek at the health problems that an insomniac is exposed to we must take insomnia and treat it with greater seriousness.

Insomnia can be of varying degrees. For some it manifests itself as total lack of sleep which is dangerous for the body. Symptoms include short and disturbed sleep, early waking up and difficulty in going back to sleep, difficulty in falling asleep etc. Insomnia can lead to memory problems, lack of concentration, lethargy, confusion, loss of coordination and total emotional instability.

Stress is the major cause for insomnia, though there are a number of other factors as well that can lead to insomnia. Suppressed anger towards someone could be the reason for your insomnia. Overstimulation of the nerves like drinking coffee, tea, smoking etc. too can cause insomnia to crop up.

If you are a stressed out individual with symptoms of insomnia, then waste no time in starting these home remedies, before you abuse your body beyond repair.

## **Home Remedies for Insomnia**

### **Take Control Of Your Sleep With Lettuce**

Isn't it interesting to know that lettuce contains a sleep inducing substance named lectucarium that can make you sleep like a baby. It is compared to the effect of sedation that a dose of opium can give you and the resultant nervous excitement that comes along with its drugged qualities. We do not want to explore its qualities that impart excitement now. All we need is sound sleep and for that extract the juice of lettuce and drink it.

Take one tablespoon of lettuce seeds and boil it in half litre of water. Drink this every night before you sleep. You may probably not wake up on time for office. A better idea would be to set the alarm bell loud and clear!

### **Explore The Qualities Of Thiamine For Removing Insomnia**

Vitamin B or thiamine can naturally enhance your sleep and remove the tag of insomniac from your name. Vitamin B is essential for nerve health and hence great for treating sleep disorders.

Thiamine deficiency is associated with inability to sleep and relax and also nerve related problems like



carpal tunnel syndrome. Include food that is rich in vitamin B like nuts, whole grains and various types of pulses. Vitamin B supplements can be added in proper doses with the guidance of a physician.

### **Drink A Glass Of Milk To Induce Sound Sleep**

Drinking a glass of warm milk before going to bed has a tranquilising effect on your body and makes you fall asleep faster than you imagined. You can add a spoon of honey along with the milk for sweetening purposes and also for enjoying its healing and soothing qualities as well.

Also, if you do not mind your feet to remain sticky at night, massage some milk onto the sole of your feet. This might sound funny, but it does work! Try it if you don't believe me. You may use socks to prevent your bed from getting soiled in the process.

### **Curd Too Can Exert Its Unique Influence**

This is going to be a messy business! But when you suffer from insomnia, anything messy too should be welcomed with open arms if it offers a definite cure. Curd is supposed to remove insomnia. You must drink plenty of curd to believe that.

Now take some curd in your palm and massage it directly on to your head for some time. Wash off and see if this treatment can indeed make a huge difference. After all, even if it doesn't have any effect on you, which is unfortunate, you will surely be removed from the clutches of dandruff and head lice!

### **Bottle Gourd Is Here To Prove Its Mettle**

Take bottle gourd and sesame oil in equal proportions. Before you go to bed, massage it on to the scalp. You can also include bottle guard in your diet and use the cooked leaves of bottle guard as well for treating insomnia through diet. Bottle guard will remove the effects of insomnia from the system and allow you to sleep well after probably months of suffering.

### **Honey Too Can Offer Its Solace**

The healing effects of honey can also be used for treating insomnia. Take a glass of warm water and add a tablespoon of honey to it. It gives a hypnotic action to your nerves, charming you to deep sleep. It can also be taken with milk to enjoy the double power of milk and honey abundantly.

### **Treatment Of Insomnia Through Aniseed**

All kinds of sleeplessness can be treated with aniseeds. They are the sleeping pills that can make you fall asleep where you stand. Take two glasses of water and add a teaspoon full of aniseeds to it.

Cover the container and allow it to steep for about 20 minutes until the water is strong enough for you



to drink. Add hot milk and honey too as you already know its powers and drink it after you have had your dinner and before you go to sleep.

## **Exercise For Sleeping Undisturbed**

Physical activity can tire you and allow you to fall asleep before you crash on the bed. Exercise during the day can keep your body alert. Light exercising like taking a walk before you sleep can be good for inducing sleep and also in improving the quality of your sleep. Start exercising today and improve your mental as well as physical relaxation, removing all disturbing thoughts from your mind.

Along with these methods, you can practice other techniques like meditation, yoga and stress busting activities like listening to music, spending time along with people you love and also eliminating unrealistic goals from your life.

Diet too plays a major role in eliminating insomnia. Avoid nerve stimulating beverages like coffee and tea before you sleep. A balanced diet that is low in salt, sugar and white flour is the best diet to follow.

## **Home Remedies For Irregular Periods**

Menstruation is a mandatory phase that every woman has to come to terms with during her reproductive years. However, all is not well during the reproductive years as many women suffer from irregular periods at the onset, and sometimes in the course of their reproductive years.

Irregular periods are characterized by abnormal fluctuation in the length of the monthly cycle. Factors that contribute to irregular periods can be many ranging from simple lifestyle changes to major conditions that can be life threatening.

## **Types Of Irregular menstruation**

Irregular menstruation is of several types. Most of these irregularities can be categorized into two sections, namely Oligomenorrhea or very long menstrual gap, as long as 35 days, and Polymenorrhea or very frequent periods with shorter gaps, less than 21 days.

Oligomenorrhea leads to fewer monthly periods, ranging from four to nine cycles a year. Polymenorrhea leads to more than 12 cycles a year, which also increases a woman's risk of developing ovarian cancer.

## **Causes Of Irregular Periods**

Irregular periods can be caused due to underlying medical conditions and hormone imbalance.





Hormone imbalance can cause irregular periods at the time of menarche as well as menopause, as the body is trying to get adjusted with the sudden hormone changes during these phases. Therefore, irregular menstruation during these stages is not a matter of concern. Other factors that can lead to this condition are sudden weight loss or weight gain, eating disorders, strenuous exercise, uterine fibroids, endometriosis, cancer, alcohol consumption etc.

## **Home Remedies for Irregular Periods**

Though there are several conventional medications that can treat this condition effectively, it is not advisable to take them for long term due to possible side effects. It may also not suit everyone due to several medical conditions they may be suffering from.

It is here that home remedies come of help. Most home remedies are absolutely safe and free from side effects. They are also easily accessible as they are readily available at home.

### **Sesame Seeds**

Sesame seeds are one of the first oil seeds known to humans for its curative and medicinal properties. Loaded with several phytonutrients, minerals and vitamins, they are known to regulate menstruation and also prevent menstrual pain.

Take a tablespoon of sesame seeds and add to one cup of water. Boil and allow it to cook. Strain the water and drink twice a day for regulating the menstrual cycle. When taken during menstruation, this water is known to control menstrual pain to a great extent.

### **Cumin Seeds**

Excellent source of iron, cumin seeds greatly benefit women as they lose a lot of iron during menstruation. Cumin seeds are also replete with other vitamins and minerals essential for the body and also help in regulating menstruation. Take a teaspoon of ground organic cumin seeds along with a teaspoon of honey every day to put your periods back on track.

For increasing its potential, one may mix equal amounts of cumin seeds and sesame seeds along with jaggery or honey and take every day. This will not only prevent irregular menstruation, but also control menstrual cramps.

### **Papaya**

A powerhouse of nutrients, antioxidants, and healing compounds, papaya is famed as much for its



abortion inducing properties, as for its benefits in regulating menstruation. Unripe papaya juice contains certain compounds that can help in inducing menstrual cycle and promote the flow of blood without obstruction.

Unripe papaya can also be taken every day to cure all kinds of menstrual irregularities. However, papaya is best suited for irregular periods related to menopause.

## **Hibiscus Flower**

The beautiful red flower that we find in many of our houses is known to regulate menstrual periods. Hibiscus flower regulates the estrogen and progesterone balance in the body, thereby helping the monthly cycle to be regular and balanced. Take four to five fresh hibiscus flowers and grind to form a paste.

This can be taken on an empty stomach along with water a week before your menstruation starts. This will help in preventing irregular periods.

## **Holy Basil and Honey**

A medicinal herb par excellence, Holy Basil has several healing benefits and one of them in regulating irregular periods in women. For regulating periods and removing period cramps, take one teaspoon of honey and equal amounts of holy basil leaf juice.

Add a pinch of pepper powder to this and take it twice a day for five weeks. This will regulate periods and put the menstrual irregularities back on track.

## **Neem Bark**

Indigenous to the southern parts of India, Neem is an excellent antibacterial, fungal and anti viral agent. It also has several medicinal properties that can cure a host of diseases of the body without side effects. For irregular menstruation, collect three cups of neem bark and soak it in two cups of water. Allow the pieces to soak for fifteen minutes.

Strain the solution and take one cup thrice a day. This regime has to be continued until the irregular menstruation is regulated. A hot infusion prepared from neem bark can also be taken along with curd thrice a day with the same benefits.

## **Bitter Gourd**

A tried and tested remedy for diabetes, bitter gourd is also an excellent remedy for treating irregular



menstruation. Butter gourd juice helps in regulating hormone irregularities in women and this in turn helps in regulating menstrual irregularities as well.

Not just the vegetable, its roots can also be used for preparing a concoction that can treat Oligomenorrhea. Take a glass of bitter gourd juice every day for curing menstrual irregularities and also for protecting your body from diabetes.

## Aloe Juice

Aloe Vera is an amazing plant that has many medicinal and healing properties that come of aid for treating several disorders at the same time. For treating abnormal or irregular periods, aloe juice is an excellent home remedy. The fact that aloe vera causes very little or no side effects too makes it a hot favorite among women. Extract the pulp from three fleshy aloe leaves.

The gel has to be boiled until the pulp turns brown. Cool the gel and break it to form a smooth paste. One teaspoon can be taken along with a cup of water every day, first thing in the morning. Continue for a week before you get your periods. Aloe has a laxative effect on the body and hence can be troubling for some women. In such cases, the dosage has to be adjusted accordingly.



## Home Remedies for Itching

From time to time, we are caught in the grip of this tingling, irritating, scratchy feeling on the skin, which can be caused due to a multitude of internal as well as external problems.

Itching is a widely prevalent dermatological condition that can emerge at any unearthly hour and cause intense physical and mental trauma to the sufferer. Persistent and severe itching can spell inherent conditions that need to be dealt with, to eliminate the root cause.

### Causes

Diverse reasons can be attributed to manifestations of itching on the skin. The most common among them would be allergic reactions, kidney disorders, drug allergies, liver diseases, skin dryness, iron deficiency, hepatitis, pregnancy, multiple sclerosis, skin infections etc. Itching that is persistent and chronic has to be reported to a health care provider and further tests conducted for diagnosis.

### Symptoms

The primary symptom is itching is irritation and tingling of the skin which makes you want to scratch. Based on the type of infection or condition that you are suffering from, the intensity of itching can vary from mild to moderate, to severe itching that can drive you nuts. The skin can turn rough, patchy, red, and scaly due to the scratching and can even ooze and bleed. Severe cases of infection is accompanied by chills, fever and other symptoms.

### Types

Several factors can lead to itching. Therefore, it is very important to identify the root cause before analyzing the treatment options. Itching caused by bacterial, viral and fungal infections are the most common forms. Allergic reactions can also cause itching and skin rashes. Certain types of itching are associated with nerve disorders associated with MS, diabetes etc.

Metabolic and endocrine changes in the body like kidney disease, liver problems, hypothyroidism too can be the cause of generalized and unexplained itching. Other types of itching include those triggered by drug reactions, blood diseases, insect bites etc. Psychological disorders like anxiety, stress etc., and sun exposure too can lead to itching and in some cases worsen the itching caused by other factors

## Home Remedies for Itching



Most cases of itching are non-serious and hence can be easily treated at the confines of your home. However, if the symptoms persist or becomes worse, it is imperative that you consult a specialist to rule out other complications.

## **Baking Soda**

One of the best remedies for itching of all types, baking soda contains pH-balancing agents that help in restoring the natural oil balance of the skin. For localized itching, make a paste of baking soda and water and apply on the skin. Allow it to dry and wash off with water.

Apply a light moisturizing cream as baking soda can cause the skin to become dry and scaly. For generalized itching, fill a tub with warm water and mix one cup of baking soda in it. Soak for an hour every day to encourage healing and removal of microbes that cause itching.

## **Lemon**

This citrus fruit is rich in healing and repairing agents that can stifle any form of itch within minutes. Lemon contains anti oxidants that protect the skin from free radical damage, and its anti-inflammatory and anesthetic properties too aid in the suppression of itching caused by a medley of problems. Lemon is also an exfoliant and helps in the removal of dead skin cells that too cause intense itching.

For mild itching, apply freshly squeezed lemon juice on the affected skin and leave for 20 minutes. For severe cases, take the rind of lemon and rub the interior soft, white layer on the skin. Leave for 20 minutes before washing off. Lemon rind has much more vitamin C and antioxidant content than the juice itself. Make sure that you avoid direct sunlight for a few hours, after application of lemon, as the skin turns photosensitive.

## **Basil Tea**

With powerful antioxidants lined up for treating a host of disorders and its analgesic effects on the body due to its eugenol content, basil tea is also a superior remedy for treating itching and the underlying infection itself. Prepare basil tea by adding freshly crushed basil leaves to one cup of boiling water.

Steep for fifteen minutes and wash the area several times a day once the water turns warm. For smaller areas of skin, crush basil leaves and apply the juice on the irritated skin. Wash off and add fresh coats of the paste all throughout the day to top up the effect.

## **Oatmeal**

Rich in vitamin E which is an antioxidant and skin tonic of sorts, oatmeal is also a time tested remedy



for itching skin. Its oil content moisturizes dry skin and the vitamin E heals and repairs, as it removes the itchy and tingly sensation.

For small areas, apply a paste of oatmeal and water directly on the skin and leave it on for a few hours. To cover bigger areas, grind oatmeal to powder form and add two cups to a tub of warm water. Soak for an hour for experiencing great relief.

## **Aloe Vera**

This cooling and refreshing gel can be acquired straight from the aloe stalk if you have it in your backyard. Aloe has skin regenerating and repairing properties and its natural moisturizing agents remove tired and lifeless skin back to its glory. Apply aloe gel on the areas that itch and leave it on to air-dry on the skin. Apply as often as needed to remove bacterial infections and also to suppress the urge to scratch.



## Home Remedies For Itchy Ears

An itchy ear is a discomforting development. You have to scratch the year canal and tug at the ear to get some relief from the itch. This can be quite embarrassing too. The reason behind this scratching is dry itching skin inside your ear canal or ear wax.

There may be infections too which result in inflammation of the ear . You should visit a doctor to see if it is due to an infection, wax or something else. However, itchy ears can mostly be treated at home with some simple remedies. There are home remedies for itchy ears. Let us explore some of these.

## Home Remedies For Itchy Ears

### Mustard Oil

If the itch is due to build up of wax you can get relief from it by using some mustard oil. Mustard oil has a healing character. It can heal irritated areas inside the ear canal. To use it just warm a teaspoon of mustard oil.

Now lie down sideways with the affected ear on the upper side. Pour just a few drops of the oil into the ear canal. Let the oil moisten the canal for some time. This will help in loosening of the wax. Repeat this twice a day and the wax will come loose. You can clean the canal with a cotton swab.

### Olive Oil

Olive oil has been found to be a good remedy for itchy ears. It moisturizes the ear and prevents itching due to dryness. With regular use the ear canal will stay moist. The oil will also protect the inner ear from water.

### Garlic

Garlic is antibiotic and anti-inflammatory in nature. It is very useful in treating ear pain due to infections. You can use it to get some relief from itchy ears which may be caused by infection.

Take a fresh clove of garlic, peel it, break it into two halves and insert one half into the ear canal. You will feel the warmth of garlic. After some time take it out. Repeat this twice a day, and your itchy ear will be gone within a few days.

### Peppermint

If you are suffering from infection then peppermint can be a very effective medicine. It is antibacterial



and anti-inflammatory in nature. It can decongest your ear too.

You can apply peppermint oil externally around your ear. You can also hold a bottle containing peppermint oil near the ear. The volatile oil will go into the ear canal. It will cure the inflammation, infection and itch.

## **Basil Leaves**

Basil leaves have been found to act very well against itchy ears and ear infection. It has been found to act as a cleanser and is able to clear out wax from your ear canal.

For using this herb juice out some basil leaves and pour some of it in your ear. On regular use this may be able to cure the infection and bring out the wax.





## **Home Remedies For Itchy Eyes**

Having itchy eyes may irritate a person and also increase the level of their frustration. It frequently affects people who live in polluted areas of the city as the dust and impurities enter their eyes. In case, your eye itchiness is increasing day by day, it is better to consult a doctor to see what is the real cause for such a condition.

In order to provide some instant and natural relief to your eyes, there are certain home remedies easily available which will be discussed further in this article. They are available in your kitchen itself and are indeed safe to use on your eyes. The common causes of itchiness in your eyes might be due to the excessive exposure to sun's radiations, dust particles in the air, allergies, chlorine in the water etc.

Itchiness in eyes can be caused by two types of allergies: seasonal allergies causing conjunctivitis and allergies caused due to the presence of pollen grains in the air. For safe and effective home remedies for itchy eyes, scroll further and read more.

### **Best Home Remedies For Itchy Eyes**

#### **Cucumber**

Cucumber serves as the one stop solution to most of your eye problems. It gives your eyes a cooling effect and also has several anti irritation properties. It can be easily found in your kitchen and you can surely get some relief for your eye itchiness, inflammation, swelling and also eye puffiness.

After you cut thin slices of cucumber, refrigerate it for about 15-20 minutes, so that it is cold and will give you good relief. Lie down and place these cut pieces of cold cucumber on your eyes and rest for a while. Repeat the same at least 4 to 5 times a day to have good results on itchiness.

#### **Rosewater**

The benefits of rosewater for reducing eye itchiness have also been proved beneficial since long. You may either pour a few drops of rosewater in the distilled water you use to rinse your face or even put 3-4 drops directly into the affected eye.

As soon as you put the drops, you will notice instant relief from itchiness. Rosewater is a safe remedy for your eyes as it contains Vitamin A and Vitamin C with various anti-inflammatory properties which work well for the natural healing of your eyes.

#### **Aloe Vera**



A freshly cut pod of aloe vera is all that you require to relieve your eye of itchiness. The medicinal values of aloe vera is very effective not only for the itchiness of the eye but also eye puffiness and inflammation. Being a good effective source of anti fungal and anti bacterial properties, aloe vera provides instant relief to your eye itchiness.

## **Take Ample Rest**

In case your eyes are affected with itchiness or allergies, do not do any activity that cause strain in your eyes. These include looking into your monitors, mobile phones, watching television, playing games etc. Lie down in a calm and quiet environment and relax.

Take a deep breath and let your eyes take care of the problem naturally, in case it is a mild allergy. When tears are produced from your eyes, it is a natural mechanism of the eye to clear off any dust particles or impurities from within.

## **Care For Eyes**

Along with taking rest, another important factor is to look after your eyes. These factors include maintaining clean bed sheets, pillow covers and also getting rid of eye makeup till the itchiness gets resolved completely. If these things are not kept in mind, it will aggravate the itchiness.

Also, the eye products which were used before and during the eye itchiness should not be used anymore and have to be thrown away. Avoid constant contact of your hands into the eyes as your hands might be the source of dirt and impurities which are not visible with naked eye.

## **Water And Salt**

Using water and salt, you can make the most effective home made eye cleanser which works well for your eyes. Take a cup of water (distilled) and pour a teaspoon of salt into it. Take a container and boil this solution until the salt dissolves well in it.

Do not use tap water for this solution as it contains chlorine and other chemicals which will harm your eyes even more. When it cools down, use this solution to wash your eyes. You can do this twice daily to get rid of all the impurities and bacteria causing redness and itchiness in your eyes.

## **Milk**

Milk is yet another effective home remedy for eye itchiness. For this, you will need some cold milk and a cotton swab to apply it around your eye area. You will sense an instant cooling effect and itchiness will be drastically reduced. You can repeat the same procedure twice during the daytime and once at



night, an hour before you go to bed. Also, milk is proved to be good antidote for eye puffiness and red eye as well.

## Carrot Juice

Everyone might have come across instances in life when your mother compelled you to either eat carrots or drink carrot juice saying that it is good for your eyes. When the topic is about eyes, carrots cannot be missed out at all. Yes, carrots have great nutritional benefits as they are one of the major sources of Vitamin A and beta carotene.

The other nutrients contained in them are vitamin K, vitamin B (vitamin B6, riboflavin, Thiamin, Niacin and folate) and vitamin E (alpha-Tocopherol). This helps a person to get rid of eye itchiness easily as they also strengthen the eyes. Hence, it is advised to drink at least a glass of carrot juice every day to maintain your eyes healthy and to keep your eyes away from eye problems. Apart from eyes, carrots also prove to be of great use in treating problems related to hair, bones and skin.

## Home Remedies For Kidney Pain

Pain in the kidneys can be associated with a number of diseases. However, the most common reasons for kidney pain are kidney stones, kidney infection, severe urinary tract infection etc. As kidney is an important organ that aids in optimum excretion of toxic waste from the body, kidney pain and the underlying infection cannot be treated lightly.

Several home remedies can be employed for treating kidney pain as well as the infection that causes it. Discussed below are a few of them that can be tried. However, given the fact that kidneys are important organs whose failure can put your life at risk, it is also recommended to see a doctor as soon as possible if there is no relief and the pain is chronic and persistent.

## Home Remedies Kidney Pain

### Water

All kinds of kidney disorders start from lack of insufficient water intake. In the case of kidney stones, it is due to lack of sufficient water intake that the calcium and uric acids stones harden and cause obstruction. Water encourages proper urine flow and through the urine, the toxic waste and mineral matter is removed, thereby eliminating any chances of stone formation that can lead to intense pain.

Lack of adequate water intake will also lead to reduced urine flow and this will lead to urinary infections and resultant kidney infections and pain, which can be dangerous for the person. At least



two litres of water is necessary for the proper functioning of the excretory system and also for adequate elimination of bacteria and toxins that can cause kidney pain.

### Warm Compress

Using a warm compress is an excellent way to reduce the kidney pain in a few minutes. For this, you can use a heat pad or soak a cotton towel in hot water and apply on the back, where the pain is the worst. A warm compress can also be utilized as a hot shower where you can allow hot water to trickle down your back to reduce the pain.

A warm soak can be done by filling your tub with warm water and soaking your body in it for half an hour. Though a warm compress will reduce the pain considerably, it is important to seek medical help if the symptoms persist.

### Lemon Juice

Lemon juice is a great home remedy for treating as well as preventing pain related to stone formations in the kidney. Lemon is acidic and the citric acid that is present in lemon is known to melt stones and also prevent further stone formations as well.

### Cornsilk

The fibrous tissues found in the exterior of corns often defy our attention and we normally throw them away considering them as useless. But they are great treatments for urinary tract infections and resultant kidney pain if the infection has spread to the kidney areas. Cornsilk tablets are available for treatment. For preparing a tea with cornsilk, take the silk of at least two corns and add them to one cup of water. Bring to boiling point and steep for ten minutes.

### Parsley

Another home remedy that can be used for treating kidney pain is parsley. Parsley too is a diuretic and can help remove toxic waste that could be causing the kidney pain. Parsley is used for edema and also for eliminating stones that can cause severe kidney pain. The leafy vegetable is also used extensively for the removal of uric acid from the body, which has a tendency to crystallize and cause problems like gout and bladder stones.

Other acid metabolites that can cause kidney infections and stones and cause pain too can be removed with the use of parsley. It can be added to your diet or a tea can be prepared from the fresh leaves and taken twice daily. Just like any other diuretic, parsley too can cause dehydration and hence one must include plenty of fluids in the diet to combat dehydration.



## **Olive Oil**

Olive oil is widely used for removing stones that are stuck in the urinary tract naturally and relieving the excruciating pain. Olive oil helps in giving a coat around the urinary tract and this helps in the stones slipping through with less pain and discomfort.

For making a healing remedy, take 1/4th cup of virgin olive oil and add equal amounts of lemon juice to this. Drink this first thing in the morning. The lemon juice will melt and soften the stones and the olive oil will allow it to slide out easily.

## **Lady fingers**

Ladyfingers are known to be kidney friendly vegetables and are used for treating several kidney related ailments without the help of medications. Take three ladyfingers that are slightly raw and cut them into smaller pieces. Soak them in two litres of drinking water and leave it overnight. In the morning, the ladyfingers can be squeezed and the juice removed and this mucilaginous water can be taken within two three hours.

## **Dandelion Tea**

Dandelion is a cleansing agent and helps in detoxifying the kidneys and relieving one of the pain caused by infections and stones that are harbored in the kidneys. Dandelion tea can be prepared by adding one teaspoon of the dandelion root powder or leaves to one cup of boiling hot water and allowing the infusion to remain for fifteen minutes before taking it twice a day. Tea bags can be purchased readymade for this treatment.

## **Recommended Natural & Herbal Products**

- [\*\*Rencare Plus For Kidney Pain\*\*](#)



## **Home Remedies For Kidney Stones**

The organic and mineral salt deposits on the inside layer of the kidneys are referred to as kidney stones. Usually, kidney filters these salt deposits, which are emptied through urine. A natural substance present in urine dissolves these mineral salts and prevents them into becoming calculi or solids. Sometimes, these salts are not dissolved due to dehydration and crystallization occurs.

The kidney stones mainly comprise of a compound known as calcium oxalate. If they are small in size, it will pass through the urinary tract unnoticed, but they might cause severe pain upon exiting. Men are 4 times more likely to suffer from kidney stones than women. The kidney stones that are in the body could cause various complications including ureter blockage and severe pain. It might also obstruct the path of the urine. If you have already gone through a bout of kidney stones or consider yourself as a likely candidate for developing this condition then you must beat all the odds with the help of the home remedies mentioned below.

### **Home Remedies to Treat Kidney Stones**

#### **Figs**

Boil 2 figs in water (1 cup) and drink this concoction every day in the morning on an empty stomach for a month.

#### **Basil Leaves**

Mix juice of holy basil leaves (1 tsp) with honey (1 tsp) and have this each morning for about 5 to 6 months.

#### **Lady's Finger**

Take about three slightly raw lady's fingers. Cut the vegetable into thin long strips and soak these pieces in about two liters of water all night. In the morning, squeeze and extract the juice of the lady's fingers in the same water. Consume the entire extract in a span of 1 or 2 hours.

#### **Water Melon**

Watermelon is quite good for kidney stones. It has high water content as compared to other type of fruits. Also, it is a rich source of potassium salts. You can either eat it as a fruit else take it in the form of juice.

## **Rice Bran (Inositol Nicotinate)**

Inositol nicotinate, derived from rice bran is an effective cure for black or brown kidney stones. The dosage must not exceed the recommended amount, as excess intake of this substance will result in palpitations, dizziness, flushing and itching.

## **Milk**

Kidney stones comprise of calcium, so logically speaking less calcium must be consumed to lower the peril of kidney stones. However, the opposite holds good, especially in men. It is noted that a low-calcium diet doubles the risk. Hence, it is advisable to drink milk. By taking calcium supplements, women can reduce the possibility of kidney stones.

## **Fruit Juice**

Except for lemon and watermelon juice, all other kinds of juice must be avoided. A study conducted by the 'Harvard School of Public Health' has revealed that drinking apple juice (1 cup) daily will actually increase the risk by almost 75 percent and drinking one cup of grapefruit or orange juice will increase the risk by 85 percent.

Cranberry extract is found to increase the risk, whereas the unsweetened juice will in fact reduce the threat. The negative outcome of the fruit juice is quite worse when they are the only fluid taken during a meal.

## **Veggies**

It is not advisable to avoid veggies. Oxalic acid is present in kidney stones, so it seems logical to avoid eating vegetables and fruits that contain this substance. However, the kidney stone sufferer need not really avoid them.

Spinach, tea, strawberries, bran, beet greens, almonds contain very little amounts of oxalic acid and hence do not have any significant effect. The Swiss chard and vitamin K present in spinach will help in the absorption of calcium by the bones and thus calcium is not excreted out in the urine.

## **Consume Less Fish and Meat**

It is noticed that the diet of the people with kidney stones is usually rich in proteins and are mostly derived from animal source. The protein is responsible for the increased rate of formation of calcium in the body. This will eventually build up uric-acid stones. Hence, it is important to reduce the intake of high protein foods such as sardines, sweetbread, red meat, wine, shrimp, mussels, mackerel, herring



and fish roe.

## **Reduce the Ingestion of Vitamin C**

When the amount of vitamin C exceeds more than 3000 mg in a day, it can lead to the development of uric-acid stones. The body converts excess vitamin C into oxalate, which can lead to the increase of kidney stones.

Thus, it is important to keep a watch on the intake of vitamin C in the daily diet. However, remember that it is also a vital vitamin required by the body, so don't reduce the intake totally.

## **Lemon Juice and Olive Oil**

A mixture of lemon juice and olive oil is another effective cure for kidney stones. Mix together same amount of lemon juice and olive oil (about 2 oz.) and drink it immediately. Follow it by drinking water. This remedy will significantly reduce the pain and also alleviate kidney stone formation.

## **Water**

Drink plenty of water (at least 8 glasses) in a day. Scientific evidence proves that the beneficial aspects of water will kick in at around 5 glasses per day. However, if you are diagnosed with kidney stones then it is always helpful to drink water as much as you can. Water will help in flushing out the toxins present in the body. Besides water, you can also take non-alcoholic beverages and caffeine-free drinks.

## **Kidney Beans**

This is an effective remedy used in treating kidney stones. Boil the pods of kidney beans in water without the seeds for a long time over a reduced flame. The concoction thus obtained is strained and consumed at regular intervals.

## **Pomegranate**

The seeds of sweet as well as sour pomegranates are useful in treating kidney stones. A fine paste of these seeds must be taken along with horse gram soup (1 cup). This is very effective in dissolving the gravel in the kidneys.

## **Other Remedies**

One cup of radish leaf juice taken twice a day is also effective in treating kidney stones. Drink a glass





of fresh juice of tomato early in the morning. You can also add a touch of pepper and salt to it. Drinking tender coconut water regularly will help in eliminating kidney stones.

Besides following these remedies, it is also important to cut down on the consumption of salty foods, pickled foods, table salt such as snack chips, processed cheese, meat etc.

## **Recommended Natural & Herbal Products**

- [Rencare Plus](#)



## **Home Remedies For Knee Pain**

Many individuals suffer from the problem of knee pain. Osteoporosis and arthritis are two main causes of knee pain. Further, common causes of knee pain include injury, bone tumors, aging and so on. Common symptoms of knee pain include swelling, stiffness, weakness, inflammation in the knee area and so on. Different home remedies can be used to treat the problem of knee pain.

### **Home Remedies For Knee Pain**

#### **Fenugreek Seeds**

You can prepare a mixture with the use of fenugreek seeds and mustard oil. Massaging the affected knee with this mixture can help in reducing the knee pain. You can also soak fenugreek seeds (3 teaspoons) and cumin seeds (3 teaspoons) in water (1 cup) at night. This water should be consumed in the morning (empty stomach) to reduce the knee pain.

#### **Turmeric Powder**

You can create a paste with the use of turmeric powder (2 teaspoons) and asafoetida (1 teaspoon). Massaging knee with this paste 2 to 3 times in a day can help in the treatment of knee pain. You can also consume a glass of warm milk containing turmeric powder on a regular basis to cure knee pain.

#### **Garlic**

You can massage the affected knee with garlic oil 3 to 4 times in a day to reduce the pain and stiffness resulting from knee pain. Intake of food items containing garlic can also help in the treatment of knee pain.

#### **Fruits And Vegetables**

You can consume fresh fruits (such as kiwi, mango, grapefruit, papaya and so on) on a regular basis to treat the problem of knee pain. Intake of tart cherry juice can provide effective results. You can also consume vegetables (such as cauliflower, brussel sprouts and so on) to deal with the problem of knee pain.

#### **Oil**

You can massage the affected knee with a mixture of rumatone gold, lavender and marjoram oil on a daily basis to improve the flexibility of the knee joint. A mixture of sandalwood, chamomile, lemon and



grapefruit oil can also be directly applied to reduce the knee pain.

This mixture should be used on a regular basis to obtain the desired results. You can also use castor or olive oil for massaging the affected knee.

### **Carom Seed**

You can consume carom seeds (1 teaspoon) with lukewarm water (1 cup) on a regular basis to treat the problem of knee pain. You can also massage the affected knee with carom seed oil 3 to 4 times in a day to obtain relief from knee pain within a short span of time.

### **Ice Pack**

You can apply an ice pack on the affected knee for a period of 15 to 20 minutes to reduce the inflammation resulting from knee pain.

### **Exercise Or Yoga**

The problem of knee pain can be treated with some knee stretching exercises. Practicing yoga postures such as tadagasana, pavanamuktasana and veerasana may also provide relief from knee pain.

### **Daily Steam Bath**

Steam bath can be used as an effective home remedy for knee pain. You can take a steam bath on a daily basis to reduce the pain and stiffness in the knee area.



## Home Remedies For Large Pores

Large pores can be a cause of great concern for many of us. Dirt and grime can easily clog the pores and cause skin eruptions, apart from the fact that they can be quite unsightly as well.

Whilst they cannot be reduced in any way, there are several home remedies that help in reducing the appearance of large pores and preventing skin infections and eruptions. Here are a few remedies that can help you deal with this embarrassing condition.

## **Home Remedies For Large Pores**

### Ice Cubes

Ice cubes are excellent for shrinking the pores and they are an instant remedy that can be used before you use your makeup. This will help in leaving the skin smooth looking and also prevent the makeup from entering the pores and cause problems like acne and infections.

Take an ice cube and after washing your face thoroughly, rub it all over your face and neck for a few minutes. Ice cubes will constrict the blood vessels and pores and will give an even looking and less porous skin before you apply makeup. This can be done every time after you wash and clean your face so that dirt and grime do not enter the large pores.

### Steaming

Steaming is a great way to clean the dirt and the debris that have accumulated in the pores. Once the pores are thoroughly cleaned, they appear smaller and chances of infections and acne formations too are reduced. Use a pot for boiling water and cover your face and the neck of the pot with a thick towel.

Allow the steam to penetrate the skin where the large pores are present. Steam for at least fifteen minutes. After this, you can scrub with a sugar scrub or wipe with a hot towel for removing the dirt.

### Citrus Toner

Take half of a lemon or lime and one small sized orange. Add 3/4th cup of rubbing alcohol to this. Blend in a mixer until it is pulverized. Strain and transfer to an airtight container. This toner can be used every day after cleansing your face and before application of makeup to minimize the pores.

### Apple Cider Vinegar

Apple cider vinegar is another natural toner with astringent qualities that can be used for closing large



pres. Apply a diluted solution of apple cider vinegar after cleansing your face and wiping it thoroughly. Allow it to air dry before applying makeup.

## **Cucumber**

The cooling properties of cucumber are wonderful for enlarged pores as cucumber can shrink the pores when applied cooled. Grate a cucumber and mix it with eight ounces of rose water and one tablespoon of benzoin tincture. This can be refrigerated in an airtight bottle.

After cleansing your face and other areas with large pores, apply this solution and leave it on to dry. The cooling action will shrink the pores immediately. A mask can be prepared by mashing cucumber and adding one teaspoon of rose water and the juice of a lemon. Apply on the face and rinse off after 15 minutes.

## **Egg White Mask**

Egg white has a toning effect on the skin and helps in shrinking the pores. Break an egg and separate the egg white from the yolk. Beat it to form a froth and apply it on the areas of the skin with large pores. Allow the egg white mask to dry and then rinse it off. This will help in shrinking the pores.

## **Papaya**

A mask can be prepared by mashing ripe papayas and applying on the face. This is a natural toning and complexion enhancing agent. Allow the paste to dry before rinsing it off. Continue application every day to keep your skin well toned and bright as well.

## **Tomatoes**

Tomatoes have skin lightening and astringent properties that help in closing large pores and also exfoliating dead skin cells from the surface. Take a tomato and cut it into half. Apply the juice on the large pores and leave it on to air dry. Wash off afterwards. Repeat every day for bright and blemish free skin.

## **Salt And Buttermilk**

Buttermilk has lactic acid, which is a skin exfoliant, and hence great for treating dead skin cells and grime that could be trapped inside large pores. Take buttermilk and add some salt to this. Mix to form a paste and rub on the affected area for a few minutes. Leave it on for fifteen minutes after this. Rinse off with water. This will help in keeping the skin free of dirt and excess oils.

## **Honey And Sugar**



Honey is a natural moisturizer and toner helps in tightening large pores. Take some honey and sugar and rub in circular motion around the skin that has large pores. Leave it on for drying and wash off after this. Honey helps in removing excess oils from the skin and leaves your skin wonderfully toned and smooth with just enough moisture to keep it glowing and smooth.

### **Oatmeal And Buttermilk**

Rich in vitamin E, oatmeal can be mixed with buttermilk to enrich the skin and also close the pores after cleaning them thoroughly off the dirt and grime. Take 1/4th cup of buttermilk and add 3 tablespoons of oatmeal to this. Stir well and leave this mixture overnight for fermenting. Strain and apply the fermented solution on the face. This is a great astringent for treating all skin problems and also closing large pores.

### **Almond Paste**

Almonds are also rich in vitamin E which is a skin tonic that can help the skin thrive in its nourishment. Take a handful of almonds and soak them overnight. In the morning, make them into a smooth paste and apply on the skin with large pores. Leave until dry and rinse off with cool water. This will help in keeping the pores close and leaving the skin smooth and gleaming.

### **Gramflour**

Gramflour is a good toning agent for the skin. Take some gram flour and add some lemon juice and some curd to this. Mix well and apply on the areas where you have large pores. Allow the mixture to dry on your skin. Doing this every day will help in reducing the size of the pores and also in improving your overall complexion a well. This can also be done along with oatmeal as well to enjoy the benefits of the same.



## Home Remedies For Liver Pain

If you know for certain that it is the liver where you are feeling the pain then you should not at all take it lightly. Liver is a very important organ. It is located in your right upper quadrant. Its responsibilities include some of the very basic metabolic functions such as storage of glycogen to be used as energy as and when needed. It also acts as a toxic removal sieve, and produces some very essential hormones.

So if there is a pain in the location of the liver you should visit the doctor. There can be some serious downsides to liver pain. It may be due to some serious ailment. However, it need not always be very serious. Whatever be the degree of seriousness of the ailment you should act as the doctor says. But there is something that you can do yourself. You can take to home remedies. There are a number of home remedies for liver pain. Let us look at some of them.

## **Home Remedies For Liver Pain**

### Fruits

Fruits are a great way to detoxify the liver. Fruits that are high in fiber content such as blackberry, strawberry can help the liver in separating the toxins. Fruits like apple, pear etc. are low in calorie and will not result in deposit of fat in the liver.

Lemon, orange and grapefruit help to lower the sodium level in liver which may be responsible for some debilitating disease of the liver such as cirrhosis or fatty liver. You can take them in juice form or just munch on them. Either way it is going to be a great treat for your liver.

### Yogurt

Yogurt is a probiotic that contains many beneficial live bacteria. Moreover, it contains bifidus, an excellent nutrient which can also help the liver to get rid of harmful bacteria that may have sustained on the toxic metabolic byproducts.

It can also prevent the formation of tumors. So to unburden your liver and make it function properly you should take a lot of yogurt daily.

### Ginger And Garlic

These two spice are not only culinary wonders, they can work well for your liver pain as well. Garlic has been found to protect the liver from the onslaught of several toxins. On the other hand ginger stimulates the functioning of liver. So take both ginger and garlic with your daily food and reduce liver



pain.

### **Drink Lots Of Water**

Your liver is tasked with separating the toxins from the blood and letting go of them through urine. If you are not taking sufficient amount of water then the toxins go on accumulating and result in burdening the liver which may ultimately result in failure of the liver.

So take a lot of water every day so as to flush out all the toxins and let the liver heave a sigh of relief. You should take at least 6 liters of water.

### **Aloe Vera**

It is anti-inflammatory and soothing for the stomach as well as the liver. To reduce the intensity of pain you can use some aloe vera juice on a daily basis. This will be helpful.

### **Recommended Natural & Herbal Products**

- [Livup Capsules \(Liver Care\)](#)
- [Bhumyamalaki – Liver Disease, Fatty Liver](#)





## **Home Remedies For Loose Motion**

Sometimes, something we eat would trigger the digestive system to rebuke it in order to prevent stomach poisoning. This action would usually be followed by the system's desperate attempt to remove the harmful substance from the body as soon as possible.

And this, in most cases, this leads to loose motions or dysentery. Although not considered a harmful condition, loose motion can cause severe dehydration and other health related ailments if not treated in time.

### **General Types Of Loose Motion**

Loose motions can be classified as acute or chronic depending on the number of days it takes to cure the condition. While acute cases last for a few days and can be cured quickly, chronic cases can last for extended periods, and can become quite hard to cure after a certain period of time. Most cases of loose motion are however, acute and do not cause much harm to the body.

### **Causes For Loose Motion**

In most cases, loose motions are triggered by a dietary imbalance. Eating very spicy or sugary foods can trigger loose motions as can a drastic change in diet (for instance, overeating). Food poisoning or overuse of laxatives can also lead to loose motions. Chronic problems like stomach flu, inflammatory bowel disease or irritable bowel syndrome etc. can cause loose motions in individuals suffering from these problems.

Loose motions can also be triggered by viral, bacterial or parasitic infections that enter the body through the air, water or food. In some cases, a food allergy could trigger loose motions. And some individuals tend to get loose motions if they are stressed out or emotionally disturbed.

### **Symptoms Of Loose Motions**

Recurrent loose motions can cause symptoms like the passage of watery stools (with a little bit of blood in some cases), stomach pain, loss of appetite, abdominal cramps, nausea, vomiting and even fever etc.

## **Home Remedies For Loose Motions**

### **Drink Plenty Of Water And Fluids**



Frequent loose motions can cause severe dehydration. So make sure you drink plenty of water (at least 10 glasses or more) at regular intervals (every 2 hours or so) to keep your body hydrated throughout the day. Loose motions would also cause the body to lose plenty of essential minerals (like potassium and sodium) and electrolytes.

Opt to drink electrolyte replacement drinks that are available OTC in pharmacies. Doing so would enable your body to regain some of the lost minerals and electrolytes. Drink at least a couple of glasses of these fluids to keep your body hydrated and healthy during this period.

### **Eat Yogurt**

Freshly prepared natural yogurt would contain friendly bacteria that would fight off the infection causing bacteria/virus from your stomach. So eat at least 3 cups of yogurt every day.

Do not opt for store bought products as they would not be as effective as naturally made yogurt. Follow this remedy for at least a couple of days until the symptoms of the condition reduce.

### **Eat Apple**

Although drinking apple juice would increase the laxative effect on the stomach and aggravate the condition, boiling an apple beforehand in milk can help reduce this laxative effect, and treat recurrent loose motions in the process. Slice an apple and boil the pieces in a cup of milk for about 15 minutes. Let the mixture cool and strain it. Drink this concoction at least 4 times every day until the condition is completely cured.

### **Drink Chamomile Tea**

Chamomile contains antispasmodic properties that would be beneficial in treating conditions like intestinal inflammation that could cause loose motions. You can opt for store bought chamomile tea bags for the purpose.

Place the chamomile tea bags in a cup of water and let them steep in it for about 20 minutes. Strain the tea and drink a cup of it every 4 hours or so to get relief from recurrent loose motions and their symptoms.

### **Drink Orange Peel Tea**

Orange peels have been used to treat loose motions from ancient times. The orange peel needs to be dried nicely and then chopped into small pieces. Place the pieces in a pot filled with boiling water (1 pint) and close the lid. Strain the mixture and drink it after it cools down. This would give quick relief from the condition and its symptoms.



## **Drink Lemon Juice**

Drinking lemon juice during this period would stop the frequency of the loose motions and provide your body with the necessary energy to tackle the condition.

Add a few drops of fresh lime juice to a cup of warm water and stir nicely. Add some salt for taste. Drink this juice at least 3-4 times a day until the symptoms reduce.

## **Diet Remedies For Loose Motions**

### **Foods You Need To Avoid**

Stay away from dairy products like milk and cheese. Avoid caffeinated products as well as they could act as laxatives and worsen the condition. Sugary and spicy foods would irritate the intestines further and increase the frequency of the loose motions.

Avoid oily and greasy foods that can be taxing on the gut. And last but not the least, stay away from fibrous foods that can take long periods to digest, thereby aggravating the condition.

### **Foods You Can Eat**

If you are suffering from recurrent loose motions, it would be considered wise to switch to a liquid diet for the first two days until the symptoms reduce a bit. Eating starchy foods during this period can be very beneficial for treating loose motions.

Starchy foods are quickly digested and would help to heal the stomach from the infection. Eat foods that are easily digestible like rice, bananas, soups, noodles, gelatin, cooked carrots, potatoes, toast and white meat chicken (skinless).

### **Exercising**

It is considered advisable to take rest if you are suffering from loose motions. Refrain from doing any exercise or activity that could place pressure on the stomach or irritate it further. Even walking around briskly could upset your stomach.

So avoid moving around here and there, and remain in bed for the first few days until the symptoms reduce to an extent. Do not resume rigorous exercises until the condition is completely cured.



## **Home Remedies To Lose Weight**

Overweight might occur just because of excessive fat in your body and the main reason behind this problem is having too much food and unbalanced dieting process.

If you consume more calories than the amount you burn, the extra amount of calories will get stored as fat, in your body. It is good to have fat, but having too much fat can result in overweight. In case you are in this problem, then read this best home remedies and solve your problem today.

## **Home Remedies To Lose Weight**

### **Drink Enough Water**

Consuming eight to ten glasses of water daily is one of the speedy remedies of weight loss and it is suggested by many people. This will help us in reducing weight and burn calories from our body.

### **Take Small Meals**

It is always recommended to eat in smaller quantity. It is better to take frequent small meals, rather than taking one heavy meal. Take the meals at regular intervals. Try to consume fruits and vegetables in sufficient amount. You should avoid taking processed food. Raw food is always better to overcome obesity. One of the most important remedies that should be implemented to keep our weight to normal is healthy diet. Never overindulge while eating any kind of food. Try to keep the diet balanced.

### **Mint Leaves**

Take some mint leaves and eat them with every single meal you are having throughout the day. It is very helpful in breaking your fats.

### **Green Tea**

Green Tea includes excellent properties which help in reducing weight and it increases the metabolism too. If we have a good metabolism, then it can help in burning our energy faster.

### **Honey And Lime Mix Juice**

Honey and Lime Juice is also one of the best combinations which can help us in fighting with obesity. You can take a lime juice and mix a teaspoon of honey and take it with warm water at regular basis.



## **Indian Plum**

The leaf of Indian plum contains fat burning properties and can help you in burning fat in great way. You can take these leaves and soak them for whole night with cup of water and next day just drink that water with empty stomach.

## **Exercise**

Exercise is the best home care and it should be performed daily to get superb result. It keeps you healthy as well as fit in your daily life.

## **Fruit Juices**

Drinking some fruit smoothies is another good remedy that can be tried at home. There are different varieties that can try, but you should try the one, which is rich in vitamin and protein, to get the best result.

## **Control On Sugar And Fats**

Remember to keep the intake of sugar and fat to lowest level. The fats that should be avoided are saturated fats as well as trans-fatty.

## **Controlled Diet**

Too much of carbohydrates are also risky in this situation. So, keeping rice and potatoes controlled in your food can be good thing to control your body weight.

Wheat, maize and barley are the best foods which can replace rice for the people facing weight problems. Try to keep salt free diet completely in a week. This is also good in reducing your body weight. If possible you can also skip one meal in a month.

## **Vitamin C**

Vitamin C is also good source of reducing weight. We should consume food that is rich in Vitamin C.

## **Recommended Natural & Herbal Products**

- [\*\*Slim Shape – Anti Cellulite Cream\*\*](#)
- [\*\*Garcinia Cambogia – Weight Loss Supplements\*\*](#)



## **Home Remedies For Low Blood Pressure**

Blood pressure is the exertion that the pumping of blood causes on arteries. Our heart pumps the blood and then relaxes. This reflex causes maximum and minimum pressure exertion respectively. Blood pressure is therefore measured in a range and 80/120 is usually considered ideal wherein 80 is the minimum exertion on relaxation of heart and 120 is the maximum and occurs when the blood is pumped through.

Numbness, dizziness, fatigue and persistent weakness are common symptoms of low blood pressure. In this feature we will concentrate on the various facets like causes and types of blood pressure. We will also explore the dietary and lifestyle changes along with the home remedies available for low blood pressure.

### **Causes Of Low Blood Pressure**

Heart disease like dysfunctional valves, arrhythmia can cause low blood pressure. People suffering from parkinson's disease, diabetes, susceptibility or the ones who have had episodes of strokes and heart attack are known to suffer from low blood pressure.

Prolonged gap between meals or positioning oneself in the same posture for a long time can lead to blood pressure suddenly and for a very short period of time. Some medicines can cause low blood pressure as a side effect, however this is a temporary condition and goes away once the medicines are stopped. Dehydration reduces the volume of blood which consequently leads to this condition.

### **Types Of Low Blood Pressure**

Low blood pressure is also known as Hypotension and can be divided into three types- Postural, Hypotension, Postprandial Hypotension and neurally mediated hypotension. Postural means a drop in pressure as and when you stand. This happens when the body mechanism which regulates the blood flow against gravity fails.

Postprandial hypotension is the type which is signified by drop in blood pressure after eating as the blood rushes towards stomach and balancing mechanism fails. The third and last type occurs due to mis-communication between heart and brain. The heart sends false signals of high blood pressure and brain acts to control it by lowering the pressure. In this process the blood pressure is lowered below the acceptable limits.

## **Home Remedies For Low Blood Pressure**

If you chronically suffer from low blood pressure then home remedies can be really useful for you. If



you are on medication then do not stop taking your dosages, home remedies can act over and above them. However, do consult your physician before including any of the remedies on regular basis as some of them may act as deterrent and interfere with the medicinal action rendering them useless.

## **Salt It Up**

Usually controlled and low intake of salt is recommended but for people suffering from low blood pressure there is nothing that acts as instantaneously as salt. The sodium in it increases the blood pressure and therefore, sudden lows in blood pressure can be effectively tackled with some salt.

You can add it to juice or plain water and gulp it down. However, even with low blood pressure, do not go too high on salt as it causes other problems like water retention and excessive sodium in blood flow. You can just add it to all the food items, juices and soft drinks that you might consume.

## **Beetroot Juice**

Though most of us cringe at the sight of beet root, it is one vegetable that takes care of serious and chronic conditions like anaemia and low blood pressure. It is a very rich source of iron and thus its color. There is a direct relation between low blood pressure and anaemia as this condition causes reduction in blood volume.

Also beetroot juice widens the blood vessel encouraging the blood flow. Half a glass of beetroot juice is enough. You can also add some salt to it for taste and better results. If the juice does not appeal to you then simply add beetroot slices to all your gravies and food preparations and it will give out a beautiful rich color without altering the flavor.

## **Garlic**

Garlic is known to breakdown cholesterol which makes it an effective remedy for problems related to blood pressure. It helps in regulating the blood pressure.

Consume a clove or two of garlic on empty stomach with some warm water every day in the morning. This will clean up your digestive tract, help in flushing the toxins out of the body and normalize the blood pressure.

## **Fluids**

Dehydration is a common cause behind low blood pressure. This happens because lack of enough hydration reduces the fluidity and volume of blood.

This leads to low blood pressure as thick blood tends to move slowly and there is not enough volume



in it to move through with enough pressure and reach various parts of the body. Intake of at least 2 liters of water or fruit and vegetable juice can restore the hydration levels bringing the blood pressure back to normal.

## **Raisins**

Studies have found raisins to be very effective in curing low blood pressure. Soak 5-6 raisins overnight. Consume them in the morning on empty stomach. Chew them thoroughly. Raisins act as anti-oxidants and are rich source of potassium which optimizes the blood pressure. This property makes it suitable for both high as well as low blood pressure.

## **Almonds**

Almonds are also known to balance the blood pressure. Soak 4-5 almonds in water overnight and peel them off in the morning. Consume them in the morning preferably on empty stomach. Add some sugar for increasing its potency. However do note that almonds are high on calorie and therefore their intake needs to be in limited quantity. Almond has omega 3 fatty acids which are also good for inflammation and internal healing of the body.

## **Dietary Remedies**

Any person suffering from low blood pressure needs to be careful about what goes in his or her body. In fact diet is the single most important factor which can help in controlling the blood pressure. Saturated fats, sugar and the food items that lead to build up in the body must be avoided as high cholesterol can obstruct and cause low blood pressure.

Onion, ginger and garlic should become your intakes in every meal as they are blood thinning agents and can expedite blood flow throughout the body. Substitute your regular milk with skimmed milk. Go high on green vegetables and high fiber food like oats. Remember to couple them up with high fluid intake.

## **Lifestyle Changes**

Avoid prolonged periods of standing or being stationary in one posture. Exercise regularly and have some water and light snack before exercising. Some yoga postures are especially meant for regulating blood pressure, practice them regularly.

Regular intake of food is important for people suffering from blood pressure. Prepare a schedule for eating and stick to it. Instead of having three major meals, spread them into smaller portions throughout the day. Avoid alcohol and smoking. Alcohol is known to dehydrate the body.



## **Home Remedies For Lower Back Pain**

Also known as Lumbago, lower back pain is a very common medical condition. Most of us go about ignoring it and assuming that it will subside on its own but that rarely happens. If simple activities of the day have become an uphill task for you, the back pain has made you dysfunctional or you have just begun to experience it, do not ignore it.

In this write up we will discuss various symptoms, types, causes and home remedies for lower back pain. After reading it, you will be able to pin point the causes and appropriate home remedies for your lower back pain. However, it is always advisable to consult a doctor so that any severe and critical conditions can be ruled out.

### **Causes Of Lower Back Pain**

Persistent exertion on the back due to lifting of heavy weights over a long duration of time is the most common cause of lower back pain. Always remember to bend at knees to lift heavy objects from the ground. We all have a tendency to lift the objects by bending our back, which causes back pain.

Ageing is inevitable and it brings along with it a host of bone related problems like bone degeneration, lower elasticity of joints and inability of body in absorbing calcium fully. In cases of an injury which has an impact on the spine or lower torso, lower back pain has been reported. This kind of pain needs rest and caution as it is known to relapse frequently. People who are pregnant, obese or simply overweight are much more susceptible to lower back pain as compared to others. Menstrual cycle is also known to cause pain in the lower back and abdomen regions.

### **Types Of Lower Back Pain**

There are five major types of Lower back pain. Sciatica is the kind of pain that emanates from nerve roots and is experienced not only on the back but also hips and upper thighs. Herniated disc is caused by rupture of one or more discs of spine. This can lead to severe pain in the back as well as shoulder area depending upon the location of disc rupture. Injury related back pain is usually caused when the weight and entire impact of injury is felt on the back. Spinal stenosis causes backache due to abnormal narrowing of spine canals whereas, neurological back pain is difficult to diagnose and may emanate almost without any valid and logical reason.

## **Home Remedies For Lower Back Pain**

When it comes to lower back pain, the best way to go is natural. Unless any surgery or physiotherapy is required, doctors usually prescribe strong pain killers. These medicines if taken over a long period of time, can cause many unpleasant side effects like nausea, dizziness, vomiting, undue dependence



and addiction to such drugs, internal bleeding and ulcers.

## Heat Therapy

Over exertion causes stiffness in the muscles that surround the spine. This may in turn cause inflammation and swelling in the affected area. Heat therapy loosens these muscles and improves circulation in the inflamed region. You can either use a hot water bag or just fill some warm water in a bottle. Place it near the back so that it continuously touches your back.

Immersing yourself in the warm water tub can also provide a lot of relief. However, ensure that your back is not exposed to cold breeze after this therapy as it will bring back the stiffness and pain with vengeance.

## Cold Compress

Cold compresses have been used for ages to relieve various kinds of pain especially caused by injury. However, please note that it works best when injury is fresh and it is not advisable to use it on open wounds. On old injuries it works only against pain and not inflammation.

Exposure to cold reduces the pain signals that are sent to brain by our nerves. It also speeds up the process of healing the tears and muscle trauma. Wrap a few ice cubes in a wash cloth and apply to the lower back for half an hour twice a day.

## Menthol Massage

Before I begin, let me state that massage is not recommended where pain is due to injury, spinal trauma or slipped disc. That is why do consult your doctor before starting with massages. Massage boosts the production of endorphins in the body which are natural strong pain killers. Using menthol oil increases the effectiveness of the massage.

Menthol is the best combination of heat and cold therapy. Menthol based commercial ointments are very common. It cools the skin down and lends intense warmth to the internal muscles and tissues giving an instant relief.

## Chamomile Tea

If you are someone who cannot open eyes in the morning without that hot cup of tea, then you will fall in love with this home remedy. And the best part is that you can drink it as many times as you want without worrying about the side effects. Chamomile is a known anti-oxidant and it works wonders on reducing pain and inflammation in the body.

It heals the body from inside which makes it ideal for lower back pain. If the pain is caused by



menstrual cycle, chamomile tea would be the most preferred remedy of all. This tea calms the nerves and therefore reduces the pain effectively.

### **Turmeric Milk**

Turmeric is an ancient herb which is regularly and widely used as an aromatic and a natural colouring agent in Asian countries. Turmeric has various health benefits on skin, muscles and wounds. It fastens the healing process of the body. Add a spoonful of turmeric powder in glass of warm milk. Taking it in night right before you go to bed will provide the best results.

### **Date And Almond Milk**

Date and almond intake provides warmth to the body internally. This solution can soothe the inflammation and pain effectively. Boil a glass of milk, add 2-3 deseeded ground dates and 4-5 ground almonds to the milk. Continue to boil it until the milk becomes thick and is reduced to half of the original quantity.

Consume it one time in a day preferably before going to bed. If you experience bleeding heavier than your regular menstrual cycle then do not use this remedy.

### **Lifestyle Modifications**

Ensure that you do not exert undue pressure on the back for long period of times. Avoid carrying weights on the head or shoulders instead use trolley bags that can be carried around with ease. Keep your spine straight while walking and sitting. Extra soft and extremely hard mattresses are equally bad for the back ache. Include simple and mild exercises for the back in your daily routine.

### **Help From Diet**

When suffering from lower back pain, try out the anti-inflammatory foods like teas, salmons, Omega3 fatty acids, cod liver oil etc. Avoid food items that are cooling in nature. For e.g. raw cucumber, yoghurt, watermelon and musk melon. These ingredients can worsen the pain and stiffness.

## **Recommended Natural & Herbal Products**

- **[Arthcare Oil For Back Pain](#)**



## **Home Remedies For Migraine**

Migraine is a severe painful headache. It is a complex disorder involving the brain and the blood vessels around the brain and head. Migraine headaches result from a combination of blood vessel enlargement and the release of chemicals from nerve fibers that cause inflammation, pain and further enlargement of the artery. It basically occurs due to changes in the diameter of blood vessels in the head. At first the vessels constrict, then as the pain begins they dilate.

It also result from an imbalance in mood regulating hormone called Serotonin. Hormones play a major role in the development of migraine headaches. That is why women experience more migraine than men and mostly just before, during or after woman's menstrual period due to the connection between estrogen and migraines.

### **Causes Of Migraine**

The number one trigger of migraine is hormonal changes. Majority of women get their headaches around the time of their period. Food is second most common trigger for migraine. Alcohol, tobacco, chocolates, caffeine, fermented pickle, monosodium glutamate (MSG), skipping meals or fasting, food containing tyramine (aged cheese, chicken livers, red wine etc.) and nitrates (bacon, hot dogs), dairy products, avocado.

Other triggers include stress, tension, hunger, and changes in sleeping patterns, menstrual cycle fluctuation, allergies, bright lights, loud sounds, certain odors and perfumes.

### **Symptoms Of Migraine**

Symptoms of Migraine includes moderate to severe pain, confined to one side of the head; inability to perform regular activities due to pain, nausea, vomiting, increased sensitivity to light and sound.

## **Home Remedies for Migraine**

### **Peppermint**

Peppermint is known to be calming and numbing. These properties make it helpful for people who suffer from migraines. Massage peppermint oil to the forehead and temple gently to get relief from headache. You may also take it internally as a tincture. Pregnant women should not use peppermint.

### **Eucalyptus Oil**



It increases blood oxygen supplies allowing more oxygen as well as nutrients to be delivered to the cells. The eucalyptus oil draws out the inflammation, and helps to stop headache. Take few drops of eucalyptus oil and gently rub it on your forehead, nose, and temples. It is a natural pain reliever.

## **Magnesium**

It has been shown that during migraine attacks, brain has low level of magnesium. Magnesium deficiency plays a major role in menstrual migraine. Magnesium also appears to facilitate calcium absorption. Leafy vegetables, almonds, cereals, spices, spinach are rich source of magnesium. Include magnesium rich food in your diet.

## **Red Pepper**

The hot ingredient in red pepper, capsaicin, is a terrific painkiller and help in migraines. As a spice you can add red pepper into your meal. You may buy cayenne pepper from health food stores if you don't want to take red pepper.

## **Pressure Points**

Placing pressure on certain parts of body, if done correctly, can greatly help to reduce the severity of a headache. Use the thumbs to gently massage the temples on both sides of the head, should give light pressure only.

Use the fingertips of middle finger, apply firm pressure to the area at the inside end of each eyebrow, fingertips should move in a circular motion.

Apply gentle pressure to the points where base of the skull meets the neck.

Use a gentle circular motion on the point's lies in the fleshy area between the thumb and forefinger. Tying a hairband or ribbon around the head also gives relief in headache.

## **Drink Water**

Many migraines are caused due to dehydration. Drink lots of water .It helps in recovery of migraine. Coconut water is rich source of magnesium, calcium and minerals and removes dehydration as well. Drink one coconut once in a day.

## **Peanut Butter**

Mix peanut butter with grated ginger on your temples. It gives relief from migraine because the body absorbs the arginine and magnesium allows body vessels to release. Leave this mixture for two to



three hours.

### **Mustard Oil**

Put mustard oil drops in the nostrils, if you are having a pain on left side then put it in right nostril or vice versa for few weeks to get relief from migraine. You can also use ghee prepared from cow's milk in place of mustard oil.

### **Fuller's Earth**

Multani Mitti (Fuller's earth) is known for its cooling effects. Make a paste of multani mitti by adding water into it. Apply this paste on forehead and temple and leave it for 20-25 minutes. It gives instant relief. Betel leaf also having cooling properties, you can also apply the paste of betel leaf on forehead and temple.

### **Jaggery**

Jaggery is rich in iron and also contains many minerals such as magnesium, potassium, calcium, selenium, manganese, and zinc. People who get migraine should eat jaggery as it is helpful in reducing frequency of headaches. Eat Jaggery mixed with pure ghee (cow's milk) in the empty stomach for a week, helps to cure migraine.

### **Almond and Milk**

Soak 5-7 almonds in water for a night. In the morning peel and grind them to paste, Roast it in a teaspoon of ghee till the paste becomes golden brown. Eat the preparation with a glass of warm milk. Continue this for a week. This is a very good remedy to cure headaches. You can also add cinnamon in warm milk.

### **Couple of More Tips**

Maintain a diary of what you eat for the whole day. If food is cause for a migraine then that food reaction will be shown within 24 hours. Then you can check what you have eaten that causes severe headache.

Lie down and put cold compress on forehead helps in getting relieve from migraine. The chilled moisture will prevent the blood vessels from swelling too much and give relief from severe headache.

Take good night sleep, but don't oversleep. Maintain a regular sleep schedule

Don't skip meal, take smaller meals after a shorter period of time. It helps in maintain blood sugar



level.

Relax in dark room, lights aggravates migraine symptoms.

Massage of head, face, and neck can quickly relieve muscle tension that influencing the headache.

On an empty stomach, stand on your head, it increase circulation to vessels.

Do little exercise, walk in fresh air, swimming, music helps in curing headaches.

Keep yourself away from stress and tension, relax and meditate.



## **Home Remedies For Mole Removal**

Moles are brown or black coloured spots present in face. These moles sometimes look ugly if they are not present on strategic position. Mostly, moles are caused due to excess accumulation of melanocytes. These are irregular in size and shape. Various cosmetic products are available in market which claims to remove moles. But, these products may cause side effects to your face. Thus, you must try some natural and home remedies to get rid of mole.

### **Home Remedies For Mole Removal**

#### **Honey**

Honey is the most recommended and safest cure for removal of moles. Mix half teaspoon of powdered flaxseed, a few drops of honey and flaxseed oil. Apply this paste on moles.

#### **Apple Cider Vinegar**

Another effective home cure for mole removal is apple cider vinegar. Use cotton balls to apply this vinegar on mole affected area. Leave it for 15 minutes then wash it off. Try this remedy daily for faster results.

#### **Coriander Leaves**

Coriander helps in removing moles in a few days. Grind coriander leaves to make a paste. Apply this paste on affected portion and leave it for 10 minutes.

#### **Dandelion Roots**

Dandelion roots are also effective for moles removal. Cut these roots and wash it carefully. Crush these roots to get milky juice from it. Rub this juice on moles. Repeat this home cure three times in a day for one month continuously.

#### **Baking Soda**

Baking soda is another remedy which helps to disappear moles immediately without making much effort. Mix a few drops of castor oil in a teaspoon of baking soda. Rub this paste on moles and leave it for overnight. Do this home remedy for 15 days continuously.

#### **Garlic**





One of the good home cures for mole removal is garlic. Cut one clove of garlic into two pieces. Place this garlic piece on moles and tie it with a bandage and leave it overnight. Garlic helps in removing moles faster.

### **Potatoes**

Potatoes are also good for removing moles. Take a slice of potato and place it on mole area. Repeat this remedy for several nights and see its effect.

### **Tea Tree Oil**

One of the easy and best ways to get rid of moles is tea tree oil. Massage with a few drops of tea tree oil on your face. You are advised to continue this remedy for a month. You will find good results.

### **Lime Juice**

You cannot forget lime juice if we are talking about mole removal. Take powdered pomegranate peels and add a few drops of lime juice in it. Use this mix on your moles. This mix is highly beneficial in removing moles. You can dry pomegranate peels in sunlight for 3 to 4 days.

### **Pineapple Juice**

Another valuable home remedy for removal of mole is pineapple. To get rid of ugly moles, apply pineapple juice on moles. Alternatively, use small and crushed pieces of pineapple in the place of moles.

### **Aloe Vera Gel**

You can also use aloe vera gel on mole to get rid of it. Apply this gel on moles with the help of cotton balls and leave it for 2 hours. Follow this home cure daily two times. Continue this home remedy for a week and you will get instant effect.

## Home Remedies For Morning Sickness

Morning sickness is the feeling of nausea and vomiting sensation that affects a large number of pregnant women during the early stages of pregnancy. This is the most common, though unpleasant, symptom associated with pregnancy. Contrary to its name, it can strike any time of the day or night. Unless vomiting becomes severe and lead to dehydration and weight loss, treatment isn't needed for morning sickness.

Symptoms of morning sickness usually subside with the end of the first trimester, but it may linger throughout the pregnancy in a very few women. The exact cause of morning sickness is not known. It is usually attributed to the drastic hormonal changes that a woman undergoes during pregnancy.

Some other things that are believed to trigger morning sickness include smell of perfume, paint or petrol, smell of certain foods, eating spicy and rich food like meat, deficiency of vitamins and minerals, tiredness or anxiousness. Whatever the cause may be, there are several home remedies that can bring relief from morning sickness to some extent.

## Home Remedies For Morning Sickness

### Lemon

Lemons have a very refreshing effect and can reduce the feeling of nausea. Squeeze a fresh lemon in a glass of water and drink early morning when you wake up to avoid the feeling of nausea and vomiting. Keep lemon candy handy to get over morning sickness.

If some particular smell aggravates morning sickness, light a lemon scented candle or put a few drops of lemon essential oil in your handkerchief; then breathe and refresh yourself in its aroma.

### Ginger, Lime and Mint

All the three ingredients have been found to be quite effective for getting relief from morning sickness. Mix 1 teaspoon fresh lime juice, 1 teaspoon mint juice and ½ teaspoon ginger juice with 1 teaspoon honey and take 4-5 times a day. You will feel much relieved. Ginger tea and ginger ale can also provide relief.

### Peppermint

Peppermint can also bring relief from morning sickness because of its calming and refreshing effect. Organic peppermint tea is also a great remedy for calming the feeling of nausea.



## **Eat Small, Frequent Meals**

Even you don't feel hungry; you must have something in your stomach. Empty stomach can trigger the feeling of nausea and vomiting. Crackers are good for this purpose. If you need to go out for work, pack some healthy snacks and take along with you. Otherwise you can get tempted to eat fast food which contains no nutrition and can be fried, acidic and overly seasoned and difficult to digest.

It is a good idea to stick to small frequent meals when morning sickness is troubling you. Instead of eating 3-4 proper meals, reduce your portion size and eat more often. Digesting smaller meals will be easier on your stomach and you won't feel nauseous. If morning sickness is worst in the morning, keep some whole grain crackers beside your bed and eat before stepping out of bed.

## **Stay Hydrated**

Staying hydrated throughout the pregnancy is essential as your body is developing a baby. But in the early stages, it is all the more necessary to stay hydrated if you are vomiting to compensate for the fluid that you are losing. The signs of dehydration that should not be overlooked include dry mouth and skin, muscle cramps and light headedness.

Don't get overwhelmed. Relief from this unpleasant feeling is just ahead. But this doesn't mean you have to sit and suffer. Try these home remedies and you will surely get some relief.



## **Home Remedies For Muscular Cramps**

Muscle cramps have become very common because now and then you often witness them in your surrounding and sometimes may experience yourself as well. Muscle cramps can occur suddenly without giving any warnings and you don't even have time to adjust when they occur.

Muscle cramps are often accompanied with severe pain, inflammation and sometimes swelling of the affected region. Muscle cramps are so sudden and swift that you hardly find any time to relax and the pain, inflammation and sometimes the swelling that accompany them create ripples and shivers in your body.

However, in most cases of muscle cramps you can do several things to ease them, but you need to have proper understanding to deal with them effectively, otherwise instead of vanishing in minutes they could remain for long. However, a simple but very effective approach like the below mentioned remedies can be adopted to deal with them effectively and treat them confidently.

## **Home Remedies For Muscular Cramps**

### **Drink Water**

Drink plenty of water during, before and after any activity or exercise. During strenuous exercise and before starting the exercise, drink plenty of oral rehydration drinks that are rich in micronutrients like sodium, potassium, calcium and magnesium and also drink vitamin D supplemented drinks. Coconut water is a very good substitute as it is very rich in all electrolytes like sodium, potassium, calcium, magnesium and other phytonutrients.

### **Stretch Before And After Exercise**

Awkward movements, unusual body postures during exercise and during any other tedious activity or workouts are the main reasons for muscles cramps. Therefore, make it a habit to stretch before, after and during any rigorous exercise or activities. In addition to this, maintain proper rhythmic movements; perform activities slowly without any sudden shifts and alterations in directions; avoid abnormal and sudden workouts to avoid muscle cramps.

### **Avoid Sunlight**

Sunlight is really good for your overall health, but anything in excess is always troublesome for your health, and therefore sunlight is no exception to this thumb rule. To prevent muscle cramps in hot sunny days, avoid walking and running outdoors for long hours and outdoor exercises even for short durations, especially during peak hours like mid-afternoon when sunlight is very bright and hot. If a



situation demands compulsory outdoor activity, then you will have to ensure that you have taken enough water and electrolytes rich drink before starting the act.

## **Massage**

When you feel like you have a cramp, just stop the activity you are at, and then relax for a few seconds. Stretch the affected area slowly, and then massage the area for a few minutes while continuing stretching. You can either simply massage the affected area or put warm pads on it. Similarly, icing the affected area after cramps soothes the pain and gradually relieves the pressure from the muscle.

## **Food**

When muscle cramps have become a frequent problem for you and your family, then check your food preferences immediately and if you notice that you are not eating the diet that is rich in potassium, magnesium and calcium, then immediately start incorporating it in your diet plan. As a thumb rule for better health incorporate all green leafy, colored and fresh vegetables and all colored-fruits in your diet.

## **Avoid Diuretics**

Muscle cramps occur due to many reasons including the excessive intake of diuretics like coffee, tea, cola drinks and medicines. Whatever may be the reasons for cramps, avoid these drinks when you are prone to muscles cramps. If you are on a particular medication and experienced a sudden muscle cramp, then you have to consult your family physician.

## **Exercise For Muscle Cramps**

Apart from massaging, warming, icing or taking bath with warm water, in many cases, muscle cramps vanish within a few minutes if you follow proper stretching and exercises.

While playing, exercise or any other activity if you happen to feel that you have hamstring, then you should immediately stop that activity, and sit down or lie down on your back for a while, and then start stretching your legs up and straight while pulling your foot toward your face.

## **Precautionary Measures**

If muscle cramps are due to extended period of rest or during heavy exercise or during sitting or sleeping in unusual positions, then electrolytes imbalance could be the cause. Then, you should avoid sunlight, take supplementary calcium or magnesium and perform regular stretching to improve flexibility. In addition to this, keep yourself well hydrated with electrolytes rich drinks.



In many situations these safe methods are effective and sufficient to deal with muscle cramps that vanish quickly. However, sometimes muscle cramps do persist for long with severe pain, irritation, inflammation and swelling of the affected region. If such types of cramps have become a routine for you, then you will have to consult your doctor to rule out any hidden and more serious medical conditions.



## **Home Remedies For Nausea**

Nausea can be that awful sick feeling in the stomach that makes you want to vomit or throw up. There are several reasons why nausea can occur. Motion sickness, pregnancy, food poisoning and even chemotherapy can lead to severe nausea. In most cases, nausea is treated with OTC medicines especially if you are suffering from a migraine or a stomach bug. However, in cases where it is beyond your control like in pregnancy and motion sickness, you can take solace from some simple home remedies.

### **Home Remedies For Nausea**

#### **Ginger**

Ginger is one of the best and the simplest home remedies for nausea. You can grate the ginger in your regular cup of tea and have this tea to quell the nausea. Ginger leaves a pleasant taste in the mouth and reduces the heaving feeling that is commonly associated with nausea. Ginger pops and ginger candy can also be used to quell symptoms of nausea.

#### **Peppermint**

Pregnant women who suffer from nausea have found tremendous solace from sucking on mints. Sugarless, peppermint gum for instance can increase the production of saliva in the mouth and reduce the sickening feeling associated with nausea. You can also have peppermint candy which helps to curb the urge to vomit.

#### **Chamomile Tea**

Chamomile tea has a great reputation for soothing a number of digestive ailments like nausea and vomiting. It is a muscle relaxant and helps to soothe the muscles of the digestive tract thus reducing the urge to vomit. Drink a cup of hot chamomile tea whenever you feel the urge to vomit.

#### **Apple Cider Vinegar**

Apple cider vinegar is also said to be a great remedy for nausea and vomiting. Just dissolve a tablespoon of apple cider vinegar in a glass of warm water and drink this up. It will immediately reduce the sensation of nausea.

#### **Drink Ice-Cold Fluids**



A lot of people swear by ice-cold fluids. They say they get a lot of relief by having fluids like iced tea, iced juices and even soda. Ice-cold soda can be very effective against nausea that is caused by severe indigestion.

### **Eat Small Meals often Enough**

One sure shot way of beating nausea is to prevent digestive overload, which occurs when you take in too much of food at one time. If you overeat or eat too quickly, you are most likely to throw up. Eat small and light meals every 2 hours to keep nausea at bay. Make sure your food is devoid of spice and grease as this often becomes too much for the stomach to handle.

### **Salt Crackers**

Salt crackers are a great way for kick starting your day and preventing nausea. They are especially good for pregnant women who suffer from acute nausea especially in the first trimester. The nausea strikes first thing in the morning and hence it is important to eat something before you even get out of bed. Munch or chew on salt crackers, as they are great snacks to eat for nausea.

### **The BRAT Diet**

For people who have been suffering from nausea for quite some time, the BRAT diet seems to be highly effective. This diet consists of Bananas, Rice, applesauce and toast. These foods are ideal to eat when you are suffering from acute nausea. This is because these foods do not cause digestive overload, are easy to digest and light on the stomach. They also provide adequate nutrition especially if you are not able to eat anything else. You can have dry toast with jam, rice in the form of khichdi and bananas all of which are very good for the health and can greatly benefit the person.

### **Eat Slowly**

Always chew on your food slowly even if you are very hungry. This allows the food to get digested easily and creates less turmoil for the stomach. It is a great way of controlling nausea and keeping it at bay.

### **Keep your Head Elevated**

One simple home remedy and tactic to keep down the food is to lie in an elevated position with your head resting comfortably on the pillows. This allows gravity to help keep the food down.

### **Exercise**

Taking a walk soon after a meal will reduce the chances of you feeling nauseous. This is because





exercise aids in digestion, which can prove to be beneficial in curtailing nausea and keeping it at bay.

### **Lemon**

Lemon is a great remedy for nausea. Sip on some hot water and lime juice to treat nausea and quell it. You can also smell on a lemon. The smell is very pleasing and soothing and reduces nauseous sensations that are associated with some food triggers.

### **Peanut Butter**

If you have peanut butter at home, have a couple of tablespoons on a piece of dry toast. The butter looks heavy but is great for keeping nausea at bay. It has a great taste and can also give you energy especially if you are battling nausea and vomiting.

### **Soups and Broths**

If the nausea is accompanied by vomiting, severe dehydration may set in. In such cases, it is better to stick to fluids like light soups and broths which compensate for the loss of salt in the body and also provide nourishment until the body completely recuperates.

### **Baking Soda with Water**

Dissolve ½ a teaspoon of baking soda in a glass of water. Although this tastes awful, it is a great remedy for getting the much-needed relief from nausea.

### **Take Rest**

If you are suffering from severe nausea, it is vital to take rest. Catch up on your sleep and try to get as much of rest as possible. Sometimes severe fatigue too can lead to debilitating nausea. If you are feeling stressed out, try to resort to relaxation techniques like deep breathing and meditation. These help to promote mental and physical well being and relaxation, which is vital to overcome severe nausea.

### **Stay Away From Smell Triggers**

Make sure you keep away from smell triggers. Some offensive foods like chicken, fish and eggs can leave you feeling utterly nauseous so it is vital to keep away from them.





## Home Remedies For Neck Pain

Neck pain is a very common problem affecting almost two thirds of population experiencing once in their life. There are almost seven vertebrae building blocks of spine that surrounds the spinal cord and canal. Arteries, skin, lymph glands, veins, larynx and thyroid gland are all within the neck structures and any diseases affecting these tissues can lead to neck pain.

Neck pain is caused due to trauma, neck injury, poor posture when you are working or hunching over your workbench, muscle strain or abnormalities in bones. Neck pain can also come from virus infections of the throat or tuberculosis. Symptoms of neck pain include difficulty in swallowing, tenderness, sharp shooting pain, dizziness, lightheadedness, shoulder pain, facial pain, headache or numbness. Neck pain diagnoses by X-rays, MRI or EMG and can be treated at home with excellent natural remedies. Below given are a few home remedies, which help to treat your neck pain.

## Home Remedies For Neck Pain

### Compress

Hot and cold compress works great to treat your neck pain. Apply the cold compress for 15 minutes and then switch off to hot compress for the same duration and should be repeated couple of times in a day for quick results. This helps to reduce inflammation and alleviate blood circulation, which in turn soothes stiffness in the sore neck.

### Massage

Massage moves fluid around which helps to prevent scar tissue and attributes crick in the neck. Make sure you massage very gently in the initial days to avoid making the condition worse. Massaging will help to alleviate the knots in your muscles.

### Rosemary Oil

Rosemary oil works wonders when it comes to treat neck pain. Applying it externally helps to warm the neck muscles and enhances blood flow. Just drop few drops of rosemary oil in your palm combined with jojoba oil or avocado oil and massage the mixture into your stiff neck for about 10 to 15 minutes. To extend the healing effect, wrap your neck in a warm scarf for couple of hours for best results. Applying this on regular basis will increase the blood flow thereby helping to relieve from neck pain.

### Stretches

Stretches helps to relax your muscles. Simply bend your head to the right pausing for few seconds as



if you were trying to touch your shoulder and then slowly roll your head forward to the left. Repeat this three times a day. These stretches help to strengthen the neck muscles thereby acting as a home remedy for neck stiffness. Make sure the stretches perform carefully to avoid injuries.

## Relax

Relaxing can help to soothe neck pain because very often stress can trigger muscle tension. Give a thought like what is actually troubling you like personal relationship with friends or professional work and then relax yourself taking an abdominal breathing.

Abdominal breathing are done by sitting quietly and taking a deep breath all the way throughout your abdomen. Place your hand in your abdomen and confirm your breathing through it and then exhale. Repeat this for few times. If you wish, you can also go for other relaxation techniques such as yoga or meditation.

Apart from above, you can also try for Acupuncture and massage with other essential oils such as tea tree oil, olive oil or peppermint oil.



## **Home Remedies For Newborn Jaundice**

Parents are often asked to look out for signs of new born jaundice. A yellow tint to the eyes and the skin generally indicates a presence of jaundice. Since the baby's liver is still immature, it cannot always get rid of the excess bilirubin in the body and this in turn gets accumulated in the skin.

Normally the jaundice settles down on its own as the baby's liver gets stronger. But it may not be a pleasant sight to see your little one suffer or cry from the discomfort. Once you take your baby back home, there are some things you can do to bring down the jaundice.

### **Home Remedies For Newborn Jaundice**

#### **Home Phototherapy**

In case the baby's bilirubin counts are not coming down or are increasing, home phototherapy is required. This uses a special sun lamp which is exposed to the baby. The lamp helps to bring down the bilirubin in the body. A bilirubin blanket may also be given to you. The baby is wrapped in the blanket. It works by absorbing the excess bilirubin from the baby's body.

#### **Expose Baby To Sunlight**

For mild jaundice, babies respond best to sunlight. Your doctor will ask you to expose your baby to the sun for a few minutes. You may be asked to stand next to a window during early morning and let the sun's rays fall on the baby. The sun dissolves the excess bilirubin and this is then excreted in the child's urine. In few days your baby should start to feel better.

#### **Learn To Relax**

Some parents get unnecessarily agitated and frantic seeing their child's condition. Learn to relax and take it easy. New born jaundice is very common and not all that serious unless the baby is showing definite signs of distress. Listen to the doctor and avoid needless anxiety.

#### **Feed The Baby Often**

For bilirubin to be excreted from the urine, the baby has to have a diet that is high on fluids. Mothers should ensure that they feed their babies frequently. Endeavour to feed your baby once every 2 hours. You can give the baby breast milk or formula milk though breast milk is loaded with antibodies and is infinitely better.



## **Reduce The Baby's Sleep Time**

There may be chances that your baby is sleeping too much as a result of jaundice. The jaundice could leave your baby fatigued. Try to reduce the baby's sleep time by waking him/her frequently for feeds. The more you feed, the better he/she will fare for the long term.

## **Formula Feedings**

In order to increase the baby's fluid intake, doctors may ask you to give the baby formula milk. This can be done with a spoon, finger or syringe. Avoid bottles as they lead to nipple confusion. In the meantime you can express milk from your breast and store the milk in the fridge to avoid breast infection or mastitis.

At the same time it is important to keep a check on the baby's symptoms and see if the counts have come down or the symptoms have eased.

## Home Remedies For Nightfall

A condition which is very common in men during puberty and adulthood is 'nightfall'. It is a result of the so called "wet dreams". Nightfall can be explained as a phase where a man tends to release or ejaculate semen while sleeping.

Also known as 'nocturnal emission' or 'night discharge', a man usually dreams of different erotic activities and ejaculates during his sleep. It is an awkward and embarrassing situation for grown-up men but this condition can be cured.

### Causes

Some justifiable causes of such a condition are the testosterone drugs, hormonal fluctuations. The other reasons are full bladder and even the rub against the blanket or the mattress. The time during the day when a man can have erotic dreams is the nighttime. Hence, dark can also be categorized as a cause for nightfall.

### Symptoms

There are many bulging symptoms the body will produce in this condition. Night discharge can lead to sexual issues like erectile dysfunction or premature ejaculation. Also, due to excessive ejaculation of semen during sleep, one can suffer from constant constipation. Other inconspicuous symptoms can be hormonal disorders like lowering of the level of testosterone. Additionally, it can affect the fertility of a man or can even reduce the sperm count thus affecting his manhood. These physical and sexual issues can be treated with the help of some home remedies.

### Types

The frequency of this disorder may vary from person to person and different age groups of men. Unquestionably it is more common amongst males of younger age. For some men, wet dreams is a once in a life time experience and for others it is a more frequent phenomenon. The normal frequency of a wet dream is considered to be in a span of 15- 30 days.

## Home Remedies for Nightfall

### Herbal Tea

Intake of sage tea before bed can be helpful. Also, one can indulge in a bath in warm water mixed with various kinds of essential exotic oils. These can be either lavender, rose petals, sandalwood, ylang



ylang, jasmine along with German and Roman chamomile. One can also have Chamomile tisane before retiring to bed for de-stressing. You can also consume Chamomile tisane before you retire for the day.

### **Celery and Honey**

To avoid frequent occurrence of nightfall, a patient can combine a tablespoon of celery leaf juice with honey and stalk and consume it on a daily basis.

### **Lettuce Seeds**

Consuming something hot or taking a hot bath before sleep is also helpful to fight against nighttime ejaculation. Add a tablespoon of lettuce seeds to half-liter water and heat this mixture on simmer till it is decreased by one-third in quantity.

Consumption of this mixture can also be helpful. One of the causes of nightfall can be stress. Therefore one should be stress free before sleep. For this a person can keep a hot pack on his spine or take a hot water foot bath before going to bed.

### **Almonds**

One of the best and the easiest home remedy is almond milk. For this, a person has to soak almonds and then mix them in milk with ginger and cardamom. This miracle drink is full of nutrients, vitamins, minerals and antioxidants which help in boosting the energy levels of a person. It is also rich in manganese, selenium, potassium and vitamin E.

### **Curd**

The best home remedy to cure nocturnal emission is curd. Being full of calcium and potassium, intake of at least three cups of curd daily is advised to the patients. Buttermilk is also another natural remedy to prevent the risk of nightfall.

### **Fenugreek Seeds**

Another 'before bed' remedy is taking two teaspoon of fenugreek foliage juice with one teaspoon of honey. This is helpful to avoid the risk of nightfall.

## **Diet Treatments For Nightfall**

As a cure, a person can increase his intake of wholegrain cereals and nuts as they are rich in Vitamin





B, which is essential to cure nightfall. Another cure though sounds bizarre, is application of the mixture of gourd juice and sesame oil on the scalp every night. The contents are to be combined in equal quantities.

### Other Treatments

The above mentioned remedies are easy yet effective. But in order to totally cure this disorder or to prevent the risk of nightfall, a person should regulate his lifestyle. One should not indulge in malpractices like masturbation, because it ultimately stimulates the raging hormones which may cause wet dreams.

Even after taking all the precautionary measures and making use of the home remedies, one cannot get rid of this disorder if his lifestyle is not regulated. Hence, one should avoid a sedentary lifestyle in order to prevent the occurrence of nightfall.



## **Home Remedies For Nose Bleeding**

A bleeding from the nose can range from anything between a minor trickle to a sudden gushing out of blood. However, nosebleeds are not a major cause of worry even though they may look scary when they occur. Nosebleeds can be treated with effective home remedies especially because they are mild and the amount of blood lost due to its occurrence is usually negligible.

### **Causes For Nosebleeds**

Nosebleeds can result as a trauma from an accident or an assault on the face or nose area. Sometimes aggressive blowing of the nose can also cause it to bleed. The vessels in the nose tend to swell and rupture due to an inflammation caused by cold, the dry winter air or even an allergy. Sometimes you may find your sheets with blood stains as you wake up in the morning or your nightclothes stained with nosebleeds. Nosebleeds occurring from these causes are generally painless.

### **Symptoms Of Nosebleeds**

When you notice a continuous flow of blood or a minor trickle flowing from your nose it can be the first symptom of nosebleed. Though it may seem like a lot of blood loss, the loss of blood due to nosebleeds is usually negligible. There are times when severe blood trickle may start because of injuries too, this is usually accompanied with symptoms of pain.

## **Home Remedies For Nosebleeds**

### **Salt and Baking Soda Treatment**

Dust, mucus and gunk are eradicated from the nasal passage through nasal irrigation which is commonly used by allergy. The irrigated nasal membranes are also moisturized and soothed through this process. Take 1- 1 ½ cups of lukewarm water, which helps to un-soften, a bulb or ear syringe generally available with baby products sold at a medical shop, ¼ - ½ teaspoon of salt and ¼ - ½ teaspoon of baking soda. Add the baking soda and salt into water and check its temperature.

Use the bulb to suck in the water and administer this saline mixture into your nostrils one by one. Once administered, blow the water out of your nostrils by lowering your head close to the sink. Keep following this procedure on alternate nostrils till all of the water flows out.

### **Steam or Humidifier Treatment**

Steam in any form, be it a morning cup of tea or from a small steam bath can help cure nosebleeds



when breathed in. For a steam treatment, boil half a pot of water and put it on a solid surface. Now cover your head with a towel and bend over this boiling pot of hot water. Start breathing in the steam that is being emitted from this pot of hot water; however, be careful not to burn your face by keeping it away from the pot at a comfortable distance.

This will help clear your nose. You can also take a small steam bath twice daily. It is essential to keep your surroundings moist when you are suffering from nosebleeds. Use a good air humidifier to humidify the air. This will prevent your nose from bleeding as your nose will be exposed to less stress.

### **Gentle Pressure Treatment**

For the gentle pressure treatment, pinch the soft portion of your nose by holding it firmly for about 10 minutes with your thumb and forefinger placed on the either sides of your nose bridges. Do not release and keep applying pressure that is adequate to slow down the bleeding. However, do not hold too strong or it will cause you discomfort.

Bleeding slows down as the pressure applied will restrict the flow of blood from the affected part of the nose. Cold compresses on the nose bridges are also helpful and effective, especially because it aids in shrinking the blood vessels in the nose to stop bleeding.

### **Ice Pack Treatment**

The blood vessels can be constricted and the inflammations due to a nose injury reduced considerably with the help of an ice pack. Take a zip pack and put crushed ice into it. Now cover the bag with a towel. You can also use a bag of frozen vegetables. The affected nose needs to be compressed with this cold pack especially around the bridges to stop the bleeding.

### **Cotton And Vinegar Treatment**

Place plain sterile gauze dipped in white vinegar for about ten minutes on your nose to stop nosebleeds. Vinegar contains acid that is vital in sealing the injured nose area causing nosebleeds.

### **Diet For Nosebleeds**

Blood clots happen more efficiently with Vitamin K. It is advisable to take 25 micrograms of Vitamin K one to two times on a daily basis when suffering from repeated bouts of nose bleeding. Fragility of the capillary is prevented by Vitamin C and bioflavonoids. One should take 500 to 1,000 milligrams each of the same four times a day for at least two days when the nose starts to bleed.

This should be reduced to 500 milligrams twice daily for a month. The blood vessels in the body are best maintained by the nutrient zinc. In its natural form, zinc is available in rich amounts in whole-



wheat bread and brown rice. Popcorn's too are not just a snack but contain substantial amount of zinc.

### **Other Remedies For Treating Nosebleeds**

If you have a bleeding nose, blow gently when required, one nostril at a time. Avoid smoking as it causes dryness and irritation in the nasal passages. Its best to avoid smoky environments as they can cause more damage to your bleeding nostrils. Hay fever causes allergies that can lead to constant blowing of the nose and sneezes. Do get it treated or else it can damage your soft nasal membranes further. For allergy remedies consult your physician.



## **Home Remedies For Period Cramps**

If you are one of those who have never experienced period cramps, consider yourself to be a lucky one. Most of the women undergo these pains at least in the initial phases of the onset of menstruation. Young girls feel forced to spend a day or two in bed till they feel better enough to resume their normal routine.

Some others may continue to experience period cramps till they reach menopause. Generally, the doctors say that these cramps stop after childbirth. But that is not so with all the women. There are many home remedies which the women have endorsed since times immemorial.

### **Symptoms of Period Cramps**

The period cramps are marked by throbbing pain in the lower abdomen. They are called cramps because they come and go, this cycle gets repeated. Some young women get the period cramps only on the first day of their periods, whereas for others these may continue for all the 3 or 4 days.

Additionally, it may be accompanied by loose stools, nausea, vomiting and sweating. When there is heavy pain in the abdominal area, there other organs of the abdomen can also not function as well as they could have otherwise. Extreme pain of any type is known to bring along nausea and vomiting.

### **Causes of Period Cramps**

The main cause of period cramps is biological. The inner lining of the uterus has to be shed and removed after every ovulation, unless the pregnancy happens. This loosening and subsequent shedding process happens in waves of muscular contractions. A chemical named prostaglandins is produced to complete this task.

There may be some other causes responsible for menstrual cramps. Endometriosis, Insertion of Intra Uterine Device(IUD), uterine polyps and fibroids, and Pelvic Inflammatory disease(PID) are a few other causes behind menstrual cramps.

## **Home Remedies For Cramps**

### **Ginger**

Ginger contains gingerols, the organic compound famed for its pain relieving properties. All you need to do is to make ginger tea and drink it thrice a day. Ginger does not have any side effects if taken in moderation. However, it can cause heartburn if taken in a higher dose.



Take one teaspoon of grated ginger, boil it in three cups of water for 5 minutes, sweeten it with honey, jaggery or sugar and consume it in a day, one cup at a time.

### **Hot Shower**

Period cramps get reduced with hot shower. Sit under a hot shower for 15 minutes, the heat will give you a lot of relief from period cramps. For better results direct the hot water on your lower back and lower abdomen.

### **Home Spa**

Take a big tub of warm water. Add to it 2 tbsp of table salt and an equal quantity of baking soda. Sit in this water for 15 to 20 minutes. Your pelvic region should remain in water all the while. This remedy will relax your muscles giving you much desired relief from period cramps.

### **Hot Water Fomentation for Period Cramps**

This is a simple, easy to do, and a very effective home remedy for period pains. You must do hot fomentation three to four times a day to get relief from menstrual pains. There are many ways of administering this therapy.

You may already have a rubber fomentation bottle at home, this is the best out of all the fomentation options. You can buy one from a health store, if you do not have any. Fill it up with hot water, wrap it in a sheet and put it on the painful area. Cover the abdomen with another sheet to keep the heat inside. You can also use electrical gel packs for fomentation. As a quick aid wet the small towel in water, remove excess water and warm it up in microwave oven for about 1 minute. The hot towel should be put on the lower abdomen to get rid of menstrual cramps.

### **Drink Warm Water**

Warm water gives a lot of relief from cramps. Make it a practice to drink warm or lukewarm water during the days when you are expecting painful menstruation period. You can drink other warm herbal infusions as well to manage period cramps.

### **Drink Milk**

Calcium deficiency may lead to period cramps. To make up for calcium drink a glass of milk everyday, supplemented by a bowl of curd. These will ensure a natural supply of calcium to your body. You are likely to suffer reduced pain due to periods.



## **Black Tea**

Make yourself a light cup of black tea. This is a mood enhancing beverage. It will help you tide over the blues of menstrual stress and increase your coping ability.

## **Lifestyle For Period Cramps**

You need to take rest during the painful days. Avoid most of your engagements which demand hectic work, if you can. Stay warm, avoid cold weather during these days. Lying on your side in a baby posture or fetus position can give you some relief. Very often we get into the bed and feel lethargic and pain seems to have taken control of us. Try getting out and doing something, it will keep your mind away from pain.

## **Diet for Period Cramps**

High fiber diets are great to reduce the period cramps. They help in elimination of prostaglandins. The fiber can absorb these and eliminate them with body waste. Eat whole grain cereals, avoid refined flour completely. Cashews and wheat germ will provide you magnesium required for decreasing spasms.

Deficiency of niacin leads to uterine spasms. You can eat bran and paprika to obtain niacin from your diet. Bananas, oatmeal, lentils and chickpeas are recommended for relief from menstrual cramps. They give your body vitamin B 6 which is helpful in reducing period cramps.

You need to take easy to digest and warm foods. Stop the rich, deep fried and heavy diet. Stay away from caffeinated beverages and cold foods. Soft drinks and alcoholic drinks should be stopped completely during the days of periods.

## **Other Treatments For Period Cramps**

Though there is pain and you feel like lying in the bed, it has been seen that a slow walk helps in giving relief from cramps. Antispasmodic pills can be taken on the first day and then one should rely on home remedies for the management of period cramps.

## Home Remedies For Pimples

Pimple is a kind of acne, which results from the excess oil trapped in the pores. It is of many varieties black head, white head, cyst, pustules or papules. Our skin pores have sebaceous glands which produce sebum. As we know our outer layer of skin continuously shed. When the outer layer shed, the dead cell left behind may stick with sebum. It may harbors various bacteria causes infection and inflammation. This causes the blockage in pores and hence acne, pimples.

### Causes

The main cause of Pimples is hormonal imbalance at puberty, menstrual period, pregnancy, birth control pills, stress, and anxiety. It could also be caused due to use of certain cosmetics or greasy oil that is not suited particularly to your skin. Certain medication such as steroids also may cause pimple. Other causes include humidity, sweating, pollution, dust, too much oily food, and allergy from certain environment condition.

### Symptoms

It mainly appears on the face. Appearance of spots or zits called pimples. It may be in form of whitehead (top of spot is white), blackhead (top of spot is black), small red bump, cysts, and redness around the skin eruption, scarring of the skin. All these are pointing towards that you are having pimple problem.

## Home Remedies for Pimples

### Neem

Neem has anti bacterial, anti fungal, anti viral, anti-inflammatory properties. It is natural antiseptic and help to cure pimple to a great extent. It kills the bacteria and cleans the blockage of pore. It makes skin fresh and breathes naturally. It has been used since centuries to treat pimple problem and a very old folk remedy. Make the paste of neem leaves and apply it on zits. Let it dry and then wash off face. Do it continuously for 2weeks, you will see results. You may also drink the neem juice it also helps in controlling skin problem.

### Safi

Most of skin problems, pimples are also caused by impurities in blood. Safi is very effective in treating various problems like pimple, skin rashes, skin eruptions, impurities in blood. It is completely natural and contains 30 blood-purifying elements and make sure pimples, acne not only disappears but also





seldom come back. It clears the skin and makes it pimples free, healthy glowing skin. Take one tablespoon of Safi and dissolve it in a one glass of water. Drink it daily before going to bed. It gives permanent treatment and relief from this problem.

## Fenugreek

Fenugreek has anti oxidant and anti-inflammatory properties both of which are ideal for acne treatment. Anti inflammatory properties helps in reducing the inflammation and swelling caused by pimples and anti oxidant properties helps in replenish the skin which is damaged by toxins impurities that causes bacteria to grow on skin.

Soak the (methi) fenugreek and make the paste out of it. Apply this paste on pimples carefully. Leave it for an hour (if you can leave overnight that would be great). Rinse the paste off your face with water.

## Lemon Juice

Lemon juice is rich in vitamin C and very effective in treating pimples problem. It helps in removing the excess oil and dirt that blocks the pores and harden the sebum. This is easiest home remedy for this problem.

Cut a lemon into two halves. Rub it on the affected area and leave it for few hours. Rinse off the face with fresh water. It not only helps in pimples problem also helps to remove the spots, marks on skin caused by pimple. You may also mix juice of lemon with rose water and apply it on affected area. It will also provide relief in pimples.

## Aloe Vera

We all know about the aloe Vera healing properties in reducing the swelling, caused by sunburn. Its properties are not limited to that only it is equally good for treatment of acne, pimple, and blemishes and make skin healthy.

Take the fresh aloe Vera leaf. Cut it from middle and squeeze out the white gel. Now apply this gel to affected area. Leave it for 15-20 minutes let it dry properly. Rinse off the face with fresh water. Repeat this process continuously at least for 2 weeks. Sometimes Aloe Vera also causes rashes on skin (especially if you go in excessive dust, dirt) then stops the use immediately and consults your doctor.

## Garlic

Garlic has anti bacterial, anti viral and anti-inflammatory properties. All these properties make it ideal for treatment of this problem. Rub raw garlic on the affected area or you may take 2 garlic cloves daily with water. It helps in curing this problem.



## Cucumber

Cucumber juice is an astringent. It helps lighten the appearance of acne and scars of pimples make it hardly noticeable. It helps in removing dirt, oil or impurities that blocks the pores. It not only helps in removing the pimple problem but also improve the hue and texture of the skin.

Take out the juice of cucumber and apply it on face with cotton balls. You may also drink cucumber juice or eat it as a salad. It helps in purifying the blood and makes skin look healthy and glowing.

## Tomatoes

Tomatoes are astringents and highly antioxidants and hence very helpful for treating this problem. Tomatoes face pack are very famous to treat this problem and lighten the pimples scars. Cut the tomato and rub it on affected area and leave it for 10-15 minutes. Wash the face with fresh water. Excessive use may cause dryness on face so use it for pimple treatment and then discontinue the use of it. You may eat tomatoes daily in the morning to cure this problem.

## Papaya

Papaya has been used since centuries as a natural treatment for pimple acne problems. It has exfoliating properties that removes dead skin cells to clear the way for pores. It has an enzyme called papain, which helps in reducing the inflammation and making skin softer and smooth.

Make a mask of mashed papaya and apply it on face. Leave it for 20 minutes and then wash it water. When papaya is applied on the face it deposits anti microbial properties and helps in fighting the bacteria responsible for acne. Papain is one of the important components for anti aging lotion. It makes skin young and wrinkles free too.

## Recommended Natural & Herbal Products

- [Khadir For Clear Skin](#)
- [Neem – Skin / System Purifier](#)



## Home Remedies For Pneumonia

Pneumonia is a very common but a potentially lethal infection of the lungs. It is one of the leading respiratory conditions that can cause death especially in young children and elderly people. It is caused by virus or bacteria depending on the strain of the parasite.

The most common symptoms of pneumonia are fever, chills, shortness of breath, production of mucous and general malaise. Severe chest congestion can also occur. Certain home remedies along with medications can help to treat and reduce the severity of the symptoms.

### **Home Remedies for Pneumonia**

#### Turmeric Milk

Have only turmeric milk if you are suffering from pneumonia. Take the milk very hot, as it is soothing to the throat. The turmeric has medicinal as well as anti-viral and anti-bacterial properties that help to kill the germs present in a person's system.

#### Ginger Tea

You can also drink copious amounts of ginger tea throughout the day. Grate some ginger and infuse the ginger in boiling water before adding tea leaves to the ginger water. You can make the tea mild so that it does not generate acidity.

#### Herbal Tea

A special herbal tea made at home helps to eliminate sneezing and cough symptoms caused by pneumonia. Grate some ginger in water.

Now to this water add some basil leaves, honey, a stick of cinnamon, some black peppercorns and a few cloves. Let the water boil for at least 15 minutes on slow heat. Strain the water and sip on this hot tea throughout the day.

#### Sesame Seeds

These seeds are helpful in treating pneumonia as they help to expel the contents of the lungs like the phlegm and the mucous. Take some sesame seeds in water and to the water add a pinch of salt, some linseeds and a tablespoon of honey. Now have this water.



## **Honey and Lime Tea**

Squeeze the juice of a lime in warm water and add some honey to it. Sip on this water. The lime juice has vitamin C, which helps to enhance the immunity of the person.

## **Ginger Powder**

Ginger powder of 'saunth' is a popular Indian spice. Take some fresh ginger and ginger powder. Combine the two in a glass of warm water and drink this water to get relief from a sore and achy throat.

## **Stay Warm**

The person should be made to stay warm. Keep the person away from cold temperatures and winds and make sure that he/she is wrapped up well in a blanket. Special care must be taken for the chest and it should be kept warm and well covered.

## **Camphor and Turpentine Oil**

Mix some camphor, turpentine oil, and apply it on the chest. Massage it well. The heat generated from the massage will give a lot of warmth and relief especially to the chest.

## **Drink Fluids**

Make sure you take in enough of fluids throughout the day. Sip on warm water and fresh juices if your system can digest these well. The juices will also enhance your immunity and help to fight off the infection. It is very important to prevent dehydration in the body.

## **Steam Inhalation**

There is nothing like steam inhalation to clear the chest and lungs and take out all the mucous. Take a pot of boiling water and immerse your head over the pot to take in the steam. Cover your head with a towel so that the steam does not escape. You can add a few drops of eucalyptus oil to this water. The eucalyptus oil is very good for relieving nasal and chest congestion caused in pneumonia.

## **Hot Water and Saline Gargles**

Doing saline gargles is also very good at eliminating cough and a sore throat. Take a pinch of salt, put it in the water, and gargle with this water as often as you can. The gargles will give relief from a sore, scratchy and itchy throat.



## **Take Rest**

Make sure you give enough rest to your body. Stay in bed and get as much sleep as you can as this will help to fight off the infection and help your body to recover faster in the long run.

## **Paracetamol and Water**

Everyone has paracetamol at home. Break a tablet in water. You can also use disprin tablet. Gargle with this disprin water to eliminate a sore and achy throat.

## **Cold Compresses**

If you have a raging fever, ask someone to wash your body down with ice-cold compresses to bring the fever down. However, this can be tricky if you have chest congestion. It is better to simply stick to fever reducing medications to eliminate the fever.

## **Lemon Juice and Warm Water**

Take some lemon juice and squeeze it into the water. Add a dash of honey and rock salt to the water. Now sip on this water throughout the day to get relief from pneumonia symptoms.

## **Spinach Juice and Carrot Juice**

Make sure you take spinach juice and carrot juice daily. These not only enhance the immunity of a person but also help to strengthen the lungs and make them stronger in the process.

## **Use Humidifiers**

Pneumonia can get aggravated with environmental allergens and pollutants so make sure that you stay in a well-vaporized and humidified room. Use a humidifier for this purpose.

## **Suck on Ginger and Throat Lozenges**

You can also suck on ginger and throat lozenges throughout the day. These help to reduce the cough and eliminate the wheezing sensation in the lungs.

## **Do Deep Breathing**

If you feel breathless or find it difficult to breathe, make sure that you do deep breathing exercises



throughout the day. This will help to clear and strengthen the lungs and help you breathe easier as you get on with your day.

### **Use Heating Pads**

Make sure that you use heating pads and compresses on the chest. These bring warmth to the chest and help to reduce the discomfort and unease felt in the chest. These home remedies with medications and lifestyle changes will help to ease your symptoms and cure the ailment. Do not hesitate to see a doctor if your symptoms get worse.



## Home Remedies For Receding Gums

Receding gums is often one of the first signs that warn you of gum disease. When gums start receding, they create a space between your teeth and the gums and this will cause bacteria to enter the gums and start damaging the tissues.

Many reasons like poor dental hygiene, periodontal disease, heredity, hormone imbalances and aggressive brushing of the teeth are some reasons associated with this condition. Receding gums need not always be treated in a dentist's office. There are some natural remedies that can be used at home in order to control the deterioration of the gums and teeth.

## Home Remedies For Receding Gums

### Green Tea

Rich in antioxidants, green tea is known as the elixir of health and can be used for treating and preventing the onset of a number of diseases. Taking green tea will help in reducing the damage caused to the teeth as a result of receding gums.

Green tea reduces inflammation of the gums and also helps in destroying the bacteria in the mouth that can cause periodontal problems. Take a cup of green tea in the morning to keep your gums and teeth strong.

Sesame oil can be used in the same manner as a mouthwash for removing toxic substances and plaque buildup in the gums, which too can cause the gums to recede. Take a quarter cup of sesame oil and swish your mouth thoroughly with this.

Warming the oil slightly can help as it can help in better absorption and removal of toxins and plaque. The oil will also give a protective coating to your gums and teeth and prevent recession of gums and dental decay.

### Aloe Vera

Aloe is an anti-inflammatory and anti bacterial agent. Take the fresh gel from the aloe plant and use this for brushing your teeth.

You can also use aloe gel as a mouthwash every day morning and after meals to protect your teeth and gums from decay and prevent receding of gums. Aloe also helps in healing of damaged gums and infections.



## Coconut Oil

Being antimicrobial in nature, coconut oil too is a great remedy for treating receding gums and the cause behind it. Take some virgin coconut oil and swish your mouth with it after brushing your teeth. This will give your teeth the necessary cover for protection against disease causing bacteria and germs and also prevent food particles and germs from sticking between and on the teeth and causing decay. Coconut oil can be used every day as a prevention method for receding gums and also for general oral hygiene.

## Lemon Oil

Lemon has mild antiseptic qualities and is also an excellent antibacterial agent. However, direct application of lemon every day is not recommended as it can corrode the enamel. Lemon oil can be acquired or prepared at home by infusing olive oil with lemon for a few weeks.

This oil can be used for swishing your mouth first thing in the morning. Lemon oil helps in killing all the bacteria and prevents gum recession and tooth decay as well. Lemon also stimulates tissue formation and can encourage new tissues to grow in the place of damaged ones.

## Eucalyptus

This strong essential oil helps in killing all the germs in the mouth and prevents tooth decay and gum diseases that lead to receding gums. Eucalyptus is also anti-inflammatory in nature and helps in reducing swollen gums as well.

Take some eucalyptus oil and dilute with water. Massage for a few minutes onto your gums every day and rinse off. This will stimulate new tissue growth and also reduce gum recession and damage due to bacterial action.

## Clove

The action of cloves on decayed and damaged tooth and infection has been long praised. Clove oil is known to be a natural antiseptic, antimicrobial and anti-fungal agent and helps in stimulating the growth and repair of damaged tissues.

Cloves are very powerful as disinfectants and can stop bacterial action with frequent use. Use a clove every day or massage with clove oil for best results.

## Myrrh





A kind of resin that is obtained from trees, myrrh can be used for stopping the recession of gums and preventing root exposure and damage as well. It is also great for strengthening the gums. Myrrh can be used for rinsing the mouth or as a tooth powder or paste, whichever is convenient for you.

### Tea Tree Oil

Tea tree oil can be diluted and used for swishing the mouth for preventing gum recession and root damage. Remember that the oil is very strong and should not be used without diluting it, lest it should cause burns.

Tea tree oil is a powerful anti fungal and microbial agent and destroys the bacteria and plaque buildup in the teeth and between the gums.

### Sumac Tree

Sumac tree is known to have stringent qualities that can come of help for treating of receding gums. It helps in stimulation of the gums and also cleans the teeth, keeping them safe from decay and damage. Take a twig and peel the outer bark. Gently rub the inner part over the surface of the teeth and along the gums.

### Yarrow

Wild yarrow too has several antiseptic and astringent qualities. The flower or the leaves of wild yarrow can be used for rubbing over your teeth and preventing gum recession to a great extent.

### Sage Leaves

The leaves act as a tonic for the gums and are also an excellent treatment for the mucus membrane. Sage leaves can be directly rubbed on the gums and teeth for protection and treatment of receding gums. Sage leaves can be used for making a tea as well for preparing a rinse for your gums. Add sage leaves to a cup of boiling water and steep for ten minutes before using it for rinsing.

### Rose Vinegar

Rose vinegar helps in strengthening the gums and can be used as a rinse for the mouth. For making rose vinegar, take 3 ounces of rose petals and soak in red wine vinegar solution.

Steep for about seven days and strain it. A tablespoon of rose vinegar can be added to one cup of warm water and this can be used as a mouth rinse every day to prevent recession of gums.



## Home Remedies For Ringworm

Ringworm is a skin infection which is caused by a fungus. The fungi generally live on the top layer of the skin and on the hair and it flourishes in warm and moist areas such as public bathrooms, swimming pools and locker rooms. These fungi known as dermatophytes can also breed and spread in the folds of the skin.

The infection is very contagious and can easily spread from one part of the body to other parts. It can be easily contracted from an infected person either by mere contact or by using the infected person's personal articles such as combs, brushes and towels. It usually affects the palms, soles, groin, trunk, scalp and nails.

A red rash that is extremely itchy appears on the skin in the shape of a ring. These burning and itching rings become crusted and begin flaking after sometime. The skin becomes dry and scaly and starts thickening. Sometimes the rash can turn into open sores.

## **Effective Home Remedies For Ringworm**

### Papaya Seeds

Papaya seeds are very pungent but have innumerable medicinal values. Like the fruit they too are rich in proteolytic enzymes which have the ability to kill parasites and their eggs. Grind papaya seeds to a paste and apply it all over the affected areas. Keep the paste for as long as possible.

Apply three times daily. The itching will reduce considerably and regular use will soon clear the infection. You can also rub slices of the fruit on the infected areas.

### Apple Cider Vinegar

Apple cider vinegar has innumerable healing and curative powers which are exploited to their full extent in treating a wide range of diseases and disorders. Its antibacterial, antifungal and anti-inflammatory properties bring quick relief from burning and itching and soon eradicate the infection.

Dab apple cider vinegar on the patches three or four times daily or whenever the itching becomes intense. The infection will clear off within no time.

### Raw Turmeric

Grind raw turmeric to a fine paste. Smear the paste on the ringworm patches and leave it there for as



long as possible. The antibacterial, anti-inflammatory and antibiotic properties of turmeric will soon eradicate the infection, reduce the itching and heal the skin very effectively.

You can also apply the juice of raw turmeric to the ringworm several times daily. In addition to this swallow one teaspoon of turmeric powder with some water daily.

## Tulsi

The natural healing properties of tulsi or holy basil are well known. This miracle plant cures innumerable diseases and disorders and is very effective in preventing infections of all kinds. The antibacterial, antiseptic, anti-inflammatory and antioxidant properties of tulsi combat the infection most efficaciously and soothe the itching skin considerably.

Crush tulsi leaves and extract the juice. Apply the juice all over the patches and let it dry on the skin. Apply regularly till completely cured.

## Tea Tree Oil

Tea tree oil is extremely beneficial in curing ringworm. It has powerful antibacterial, antifungal and antimicrobial properties which make short work of the infection and effect quick healing. Dip a cotton ball into tea tree oil and dab it gently on the affected areas three times daily.



## **Home Remedies For Sagging Skin**

Your face is the primary manifestation of your personality. People get the first impression about you through your face. But the wrinkled face with sagging skin is not able to hold your personality high. Your personality is going to take a beating. You may have loose skin in your neck too. All these are a sign of aging, although some people do get these before the natural process sets in. This may be because of their unhealthy lifestyle.

However, sagging skin may result from sudden weight loss too, and a sudden weight loss may be triggered by severe health abnormalities. You should consult a doctor if you are losing weight by kilos. Whether you are aged, diseased or are under severe lifestyle challenges you would want a facelift.

You need to tighten up the skin of your face and neck so that the youthful glow returns to your face. For this you do not need expensive surgeries or ointments. There are simple remedies that can be resorted to at home which can tighten up the skin. Let us look at some of the home remedies for sagging skin.

### **Home Remedies For Sagging Skin**

#### **Drink Plenty Of Water**

To tighten up the skin you can resort to one simple method – drink plenty of fluids and water. If you do that the cells in your skin will get plenty of water and they will become more elastic. As the main reason behind sagging skin is loss of elasticity taking lots of fluid can rectify that and restore a tight skin.

It will also hydrate your body and that will wash away the toxins that may be sometimes responsible for premature aging. It also supplies moisture to the body thereby increasing the smoothness of the skin. You should take at least 8 glasses of water every day. You can also take fruit juices and soups.

#### **Cucumber And Avocado**

Cucumber has a reputation as an anti aging element. This is one of the reasons that it finds wide usage in the cosmetic industry. It tightens the pores in the skin as well as nourishes the skin. It is a good exfoliator as well which help you shed the dead and tanned skin.

On the other hand avocado is a very good moisturizer. A combination of cucumber and avocado can be very good for your sagging skin. Blend one cup of finely chopped avocado with another cup of finely chopped cucumber. Apply this on the face and neck. Let the mask sit there for at least half an hour. Now wash off. On regular application you will be able to tighten up the skin.



## **Almond Oil**

Almond oil is rich in vitamin E, and it is a very good moisturizing and skin tightening agent. Moreover it is a strong antioxidant which can repair and renew the skin tissues.

So make it a habit to massage your face with a bit of almond oil daily. This will help the skin soak up the oil. On regular application the oil will moisturize the pores and cells and that will pull up the skin. Your skin will tighten up bit by bit.

## **Exercise**

Exercise makes you sweat which benefits your skin health. Moreover, it stretches the skin and increases its elasticity. Another way to benefit from exercise is to increase your muscle mass. This will stretch the skin and tighten it up. So make it a point to do regular exercise, but not those cardiovascular ones where you need to burn lots of calories. You can go for simple ones that help you to put on some muscle as well as make you sweat.

## **Yogurt And Honey**

Yogurt is a wonder remedy for many ills plaguing the mankind. It contains nutrients that are food for your skin. It is an excellent source of proteins which are easy on the digestive system. It is also a good moisturizer. All these properties can tighten up the skin and add a glow to it.

Adding some honey to it will make it a more moisturizing mixture because honey has the capacity to draw moisture from the atmosphere. It has been used since ancient time to get wrinkle free skin.

## **Massage**

It has been observed that massaging the skin can be a very effective way to treat sagging skin. Massage makes your skin more pliable and elastic. It is better to massage with some oil. You can use olive oil or mustard oil for massaging. So make it a habit to massage your skin every day. This will help you to achieve your objective.



## **Home Remedies For Shoulder Pain**

There are several reasons that one can be left with an aching shoulder. The most common reasons associated with a shoulder pain are bursitis, frozen shoulders, strained muscles in the shoulders, injuries to the nerves, stress etc.

Whilst severe cases of shoulder pain might require medical intervention and treatment, mild cases caused by stress and postural problems can be treated at home with certain simple remedies. If these remedies do not alleviate the pain or reduce its severity, it must be understood that the condition is severe and require medical attention immediately.

### **Home Remedies Shoulder Pain**

#### **Hot Water Bag**

For a quick action that relieves tired and stretched out muscles due to stress and overwork, a hot water bag treatment comes as an ideal therapy. Fill the bag with hot water and ask someone to apply on the aching shoulders while you relax your muscles and lie down comfortably.

#### **Ice Compress**

Just like a hot water bag, an ice compress too helps in treating inflammation and pain. Though many of us prefer heat over cold when we are weighed down by debilitating pain, for some, ice compress acts as a better alleviating agent that a hot water bag. Ice packs are much more effective in masking pain than hot bags.

Choose the best remedy that suits your body type and condition for attaining maximum relief. Instead of dry packs, you can use a cold compress technique as well by soaking a towel in cold water and applying on the shoulder.

#### **Hot And Cold Therapy**

A hot and cold therapy too is recommended as a great home treatment for short as well as long term cases of shoulder pain. For this purpose, one can depend on a hot shower, hot water bags or a hot compress or gel pack, whichever is convenient and readily available. For cold treatment, a cold shower, cold packs or gel packs that are frozen can be used.

The patient must first start with the hot therapy and do this for twenty minutes. Warm to hot water that is tolerable to the body can be used for the treatment. This must be followed by cold water treatment using one of the methods mentioned above. Doing the cold therapy towards the end will prevent



inflammations as the cold water has a constricting effect on the nerves.

## Hot Shower

A hot shower works in the same manner as a hot compress or hot water bag. As this is similar to a steam treatment, a hot shower can deliver the heat and warmth faster than a dry heat therapy given by a hot water bag. It also helps in relieving stress from the entire body. Fill your tub with warm or tolerably hot water and soak for half an hour.

You can allow hot water to flow directly on your shoulders as well if that is preferable. Take utmost care to sit comfortably in a convenient position that is relaxing for the shoulders and the neck during this treatment. Awkward positioning of the neck and shoulder like bending down can further strain the muscles and increase the discomfort.

## Massage

A shoulder massage is another calming home remedy that helps the muscles to come out of the stress and tension and relax from the tiredness. This is best only if you have a loved one by your side who can deliver a good massage to your shoulders.

Medicated oils or oils like mustard oil or castor oil work well for this purpose. Warm the oil slightly and apply on the shoulders. Gently squeeze the shoulder muscles and apply pressure as well. This will help in easing the tension on the muscles and relieving the inflammation and pain.

## Lavender Oil

Lavender oil is an excellent essential oil that can aid in soothing and relaxing tired muscles. Take a few drops of lavender oil and add to hot or warm water that you take bath in. It can also be added to your tub of warm water for soaking your entire body for half an hour.

Another way is to use lavender oil as a massage oil. Take some olive oil and warm it. Add a few drops of lavender oil and use this for massaging the tensed and aching shoulder muscles. This will help in soothing and relaxing the muscles and aiding in the reduction of pain as well as inflammation.

## Water

Sometimes, shoulder pain is caused due to calcification where there are calcium deposits in the shoulder joints that cause friction when you move your shoulders. These kinds of pain are caused as a result of poor elimination of mineral waste.



Water encourages the flushing out of toxins and mineral waste and prevent dehydration of the bones and joints in the shoulders that can lead to shoulder pain. At least three litres of water is recommended for preventing and treating shoulder pain.

### Lime And Honey

A daily dose of lime as well as honey is excellent for treating shoulder pain due to calcium and uric acid deposits, which are very common in people with varying forms of arthritis. Squeeze one juice of lime and add one glass of warm water to this. A teaspoon of honey can be added to this and taken every day morning. This regimen helps in flushing of toxins, prevention and melting of mineral deposits in the joints, elimination of excess fat and also in improving bowel function.

### Recommended Natural & Herbal Products

- [Arthcare Oil For Shoulder Pain](#)





## **Home Remedies For Sinus Congestion**

There are four of pairs of sinus passageways in the skull which all have an opening in the nose. When one or more of these passages get blocked, sinus congestion takes place. The nose and the sinus passages are covered with one continuous mucous membrane and when the tissues in this membrane get irritated or inflamed the openings get obstructed.

Sometimes one of the small bones of the nose gets deviated and it blocks the pathway. Sinus congestion mostly occurs due to viral and bacterial infections, common cold, air pollution, allergies and mucous secretion.

It leads to heaviness in the head, pain in the area above the eyebrows, dry cough, stuffy nose, bad breath and discharge of thick yellow or green mucous. If this condition is not taken care of, it can lead to sinusitis and other infections of the respiratory tract.

## **Home Remedies For Sinus Congestion**

### **Jala Neti**

Jala neti means cleaning with water. This is a very old technique used to flush out the nasal cavities. Take half a litre of water and dissolve one teaspoon of salt into it. Fill a neti pot with this water. Put the nose cone to your right nostril and let the water flow into it. Then turn your head a little sideways so that the left nostril is its lowest point and the water starts running out of it.

Do the same with the left nostril. When the salty water enters the cavities thorough one nostril it rinses them thoroughly and comes out with all the impurities like mucous and germs through the second nostril. Use this remedy once every morning. You should clean the neti pot after every use and dry it in the air.

### **Humidifier**

A humidifier eases chest congestion and opens up the blocked nasal pathways. It prevents the mucous from accumulating and keeps it flowing in the nasal passages. Put the humidifier in an enclosed area and breathe in deeply the soothing vapors.

### **Hot Compress**

Heat some water and put it in a bowl. Add a few drops of eucalyptus oil to it. Dip a clean towel in this solution and squeeze out the excess water. Place the hot towel on your nose, face and forehead and inhale the hot steam released by it. When the towel loses its heat, dip it again in the water and repeat



the process. The moisture will remove the feeling of pain and ease the congestion. The blocked passages will open and you will experience great relief.

### **Tomato Tea**

Tomato is full of antibacterial and antioxidant properties. It is very effective in curing colds and in clearing sinus congestion. Boil two fresh tomatoes in three cups of water. Add two cloves of crushed garlic and six or seven crushed pepper corns. Boil for ten minutes. Mash the tomatoes thoroughly in the water and strain the mixture.

Heat the clear tea and add some salt. Drink it hot, sip by sip. Let it stay in the throat for a few seconds before swallowing. The heaviness in your head will vanish, and your breathing will become much easier. The mucous will thin down and easily escape through the nose.

### **Spicy Foods**

Eat foods with lots of spices and cayenne pepper in it. The spices help in opening up the blocked passages and in thinning the mucous and cause it to flow easily.



## Home Remedies For Sinusitis

Sinusitis is caused by the inflammation of the mucous membranes that line the sinuses. Sinuses are hollow cavities situated within the skull. These cavities known as paranasal sinuses, have an opening into the nose for the smooth passage of air and mucous and each is connected with the nasal passages by an uninterrupted and continuous mucous membrane lining. Sinuses filter the impurities from the air that we breathe in and pass it on to the lungs.

If the nasal passages get irritated and inflamed due to viral infections, pollution, allergies and smoke, the sinuses also swell and obstruct the openings and prevent the free flow of air and mucous. The air along with other impurities gets trapped in the sinuses and exerts pressure on their walls causing intense pain. Other symptoms of sinusitis are excessive coughing and sneezing, intense fatigue and lethargy, heavy mucous discharge, ear infections, pain between the eyes and a stuffy nose.

## Home Remedies For Sinusitis

### Basil

Tulsi is very effective in clearing the blocked passages and promoting the free passage of air. It decongests the mucous and expels it from the blocked sinuses. It relieves the headaches and fatigue and infuses fresh energy into the body. Take twelve tulsi leaves and grind them to a paste. Mix one teaspoon of honey and eat the paste every morning. Daily intake of this paste will contribute to a quick recovery.

### Fenugreek Seeds

Fenugreek seeds have a host of medicinal properties. They keep the body clean and free from all kinds of infections by boosting the immune functions of the body. They relieve all kinds of body aches and pains and soothe the inflamed mucous membranes. Prepare a tea by boiling two teaspoons of fenugreek seeds in a cup of water. Simmer for a few minutes then strain and add honey. Drink this hot tea two or three times a day. Your sinusitis will be completely cured in a few days.

### Carom Seeds

The hot fumes of ajwain are tremendously effective in curing sinusitis. They clear the nasal passageways very quickly and efficaciously and bring immediate relief. They clear the sinuses of all infections and reduce the swelling of the mucous membranes. This is an age old home remedy used

for all types of nasal infections. Tie two teaspoons of ajwain seeds in a thin cloth to make a small potli. Heat the potli on a hot griddle and inhale the hot fumes several times before going to bed. Do this



every night until you are fully recovered.

### **Lemongrass Tea**

Lemongrass tea has multitudinous benefits for curing and healing. It has vast antioxidant properties that help boost the immune system and offer fast relief. It has rich amounts of vitamin C which is a protecting agent. Its analgesic properties ease headaches and promote a sense of well being. Steep some fresh lemon grass in a cup of boiling water. After ten minutes strain it and drink while it is still hot. Three cups a day will bring quick recovery.

### **Amla Powder**

Amla powder is the richest source of vitamin C which is very helpful in sinusitis. Vitamin C reduces and alleviates all kinds of respiratory infections and brings about a quick recovery. Swallow one teaspoon of amla powder every morning.



## **Home Remedies for Skin Rashes**

Skin rashes are abnormal inflammatory reactions of the skin to external or internal factors. Rashes could apply in any part of the skin, and they vary in the types of rashes as well as in the textures or colors of rashes. Rashes vary from being mild inflammatory conditions to severe ones in terms of size, shape, coloration as well as in frequency of appearance.

### **Home Remedies for Skin Rashes**

#### **Chamomile Tea for Skin Rashes**

Chamomile is an herb, which yields flowers and leaves that can be used to brew a tea of fragrance and flavour. Chamomile has been positively tested for its anti-bacterial properties with experiments on conditions associated with bacterial infections of the skin. Chamomile tea is also known to be useful in boosting the immune system of human beings with regular consumption, thereby making the human body less prone to allergic reactions.

Further, consumption of chamomile tea during allergic conditions such as skin rashes has been known to relieve the sufferer off the symptoms, and hence, has proved to be an effective home remedy for skin rashes, as natural anti-histamine. This natural home remedy for skin rashes could be easily brewed into tea, which could be sweetened with a teaspoon or two of honey. However, if you have exhibited allergic reactions to plants such as daisy, ragweed, chrysanthemum or marigold, you need to exercise caution as you could be allergic to chamomile tea as well. Chamomile tea is also not advised for patients who may be pregnant. In other cases, the cure for skin rashes lies in chamomile tea, the natural way.

#### **Epsom Salt for Skin Rashes**

Epsom Salt is the common name for magnesium sulphate, which is known for its vast range of medicinal and healing properties. Epsom salt is widely used for skin conditions and is an effective treatment for skin rashes, when applied on itchy and dry skin conditions, and comes in handy as an anti-inflammatory agent.

The best way to use Epsom salt as a natural remedy for skin rashes is to mix a teaspoon of Epsom salt in warm water and gently washing the areas affected by skin rashes with the warm water, as a simple but effective home remedy for skin rashes.

#### **Crystal Salt Solution for Skin rashes**

Just like Epsom Salt, the very common salt, or the unrefined crystal salt, is known for its enormously



useful healing properties. While the current version of refined salt may be depicted and portrayed in the not-so-good light, the common crystal salt, the raw form of sodium chloride which has not been refined, is essential for our body and can cure skin rashes like none other.

Skin rashes respond to heat, and the best way to combine heat with salt is to make a salt solution in warm water, which is hot enough for you to bear. Let the warm salt solution drip along the areas affected by skin rashes. The heat would be soothing while the salt would heal, with the solution acting as a useful home remedy for skin rashes.

### **Comfrey for Skin Rashes**

Comfrey oil has long been used in many inflammatory conditions and can be used as treatment for skin rashes. Comfrey is a herbaceous perennial plant that features bell shaped and purple or yellow coloured flowers, which has medicinal properties, Comfrey oil is the extract from the roots and leaves of comfrey plant, and has been recorded to have been used in the ancient days as a natural remedy for skin conditions, cuts and bruises.

Home remedies for skin rashes involve soaking cotton balls in comfrey oil and dabbing the moist cotton balls on areas of the body having skin rashes, after the areas have been thoroughly cleaned with warm water and mild soap. The natural healing properties would act as cure for skin rashes.

### **Eliminating Causes for Skin Rashes**

This is one of the first strategies that you should use to cure skin rashes – identifying the problem often constitutes the prime solution to the problem. Rather than addressing the symptoms alone, you should try to zero in on the causes of skin rashes in the first place. As mentioned earlier, in most cases, the problem tends to be allergens in the air or in food, which would cause inflammatory reactions in the skin. Try to spot what exactly triggered skin rashes and you would be able to cure skin rashes easily. Hence, the best home remedy for skin rashes would be to find out the causes of skin rashes and eliminate them.

### **Diet for Skin Rashes**

Talking of eliminating the causes of skin rashes, there are a few food stuffs could be avoided straight away, as home remedies for skin rashes. In general to begin with, fermented food should be avoided, and it would be best to stay away from bread and other bakery products for a while to see how the body reacts to this abstention. In a similar vein, avoiding pizzas, as well as pickles could also help, as these food substances have a tendency to trigger allergic reactions in the body. Staying away from fermented food is a basic home remedy for allergies.

### **Olive Oil for Skin Rashes**



Home remedies for skin rashes would definitely involve olive oil, the nutrient-rich oil that is used in treatment of many skin conditions. One of the primary characteristics of olive oil that makes it useful as a home remedy for skin rashes is its anti-inflammatory property. Olive oil derives its anti-inflammatory properties from polyphenols. And the benefits derived out of the anti-inflammatory properties could be realised in the human body by modest consumption of olive oil on a regular basis.

In the case of skin rashes, olive oil could be applied directly on to the affected areas after skin in the region has been cleaned thoroughly and dried in a clean piece of cloth. Just a small quantity of oil needed to cover the entire region would do – you could leave the oil to dry on its own as an effective home remedy for skin rashes.

### **Basil Leaves, Garlic and Olive oil for Skin Rashes**

Basil leaves are a store house of medicinal properties and health, and have widely been used as home remedies for skin rashes and for a variety of other health conditions and ailments. Another natural ingredient that has been commonly used in treatment of inflammatory conditions is garlic. Garlic is a source of a compound called allicin, which has medicinal and therapeutic properties. Garlic is also a natural antibiotic, which comes in handy whether it is for external use or for internal consumption. And finally, olive oil has been highly recommended for its beneficial effects on the skin, as it soothes, softens and moisturises the skin. A good treatment for skin rashes would combine the effects of basil leaves, garlic cloves and olive oil, by grinding a few basil leaves, a couple of garlic cloves, some crystal salt and mixing them all in olive oil and applying them on the affected areas of the skin. The goodness of the natural ingredients would be a natural remedy for skin rashes.

### **Dandelion, Yellow Dock Root and Chaparral for Skin Rashes**

This is a combination that has proved good as home remedies for skin rashes. Dandelion is the bright yellow coloured flower that has traditionally been known to improve skin health, along with its properties in fighting common skin conditions involving acne, eczema and other fungal infections. Dandelion is known to be a storehouse of Vitamins A and C.

Yellow dock root, on the other hand, is known to cleanse the body of toxins and has traditionally been used as a blood purifier, apart from being an anti-inflammatory agent. Chaparral is an herb that has rich levels of amino acids, apart from minerals such as cobalt and zinc. Chaparral has been known for its healing powers on skin conditions such as eczema, herpes, psoriasis and dermatitis. You could make a blend of these three healers by mashing them up in a mixer and making a paste of the three elements to be applied on the affected areas of the skin. The poultice could be left on the skin and covered with bandage made of clean cloth, accounting for useful home remedies for skin rashes.

### **Aloe Vera for Skin Rashes**



Aloe Vera is a vast storehouse of essential vitamins and nutrients and all that remains is to tap into the enormous potential of the herb to heal a whole lot of ailments and disorders. Aloe Vera is known for its anti-microbial and anti-inflammatory properties that play a vital role in quelling skin rashes. The goodness of Aloe Vera is evident from the fact that skin rashes or other wounds and bruises would be healed by the herb's healing powers leaving minimal scars behind. Aloe Vera juice and Aloe Vera gel have skin moisturising properties and yet are not greasy, which make them ideal for skin conditions such as dry skin. You could apply Aloe Vera gel on the affected areas of the skin and let it get absorbed for quick relief from skin rashes. The numerous amino acids, enzymes, minerals, vitamins and nutrients make Aloe Vera the favourite among home remedies for skin rashes.

### **Cod Liver Oil and Vitamin E for Skin Rashes**

Cod Liver Oil has been known for its health benefits and the way it could improve human lives and lifestyles for ages now. When it comes to skin rashes, cod liver oil has an important role to play in soothing the skin and relieving it of its itchy sensation. Cod Liver oil derives its strengths from some of the key components such as DHA, EPA, Alpha-Linolenic acid, Vitamin A, Vitamin D and Vitamin E. One effective home remedy for skin rashes would be to mix cod liver oil with Vitamin E oil, which is known for its effectiveness on skin for various conditions, to get instant relief from skin rashes.

### **Mashed Almond Leaves for Skin Rashes**

Almond is known for its health benefits and its healing properties on the skin, being rich in nutrients such as calcium and magnesium, along with being a rich source of Vitamin E. Almond leaves could be mashed and made a paste with water before applying on to the affected areas of the skin as useful home remedies for skin rashes.





## **Home Remedies For Skin Tags**

Skin tags or polyps or papillomas as they are generally referred to as are benign growths on the skin surface that occur mostly on the neck, chest, face, nose, armpits, inner thighs etc. Though they are generally harmless, they can also be the result of underlying medical conditions that require rigorous treatment. They can also be extremely unsightly and cause a lot of cosmetic issues in women. Thankfully, apart from surgery, which is mostly recommended, there are many safe and effective methods that can be employed at home for treating this condition.

### **Home Remedies For Skin Tags**

#### **Garlic Treatment**

Garlic is a wonderful treatment for removing the skin tag without any external interference or medication. Being very hot in nature, one has to exercise caution while using garlic for treatment. Take a clove of garlic and cut it into a thin slice. Leave it on the skin tag and secure with a duct tape. Allow it to remain the entire day, taking care to replace it with fresh slices. Before bedtime, remove and rinse your skin. Repeat for three days after which the tag falls off. You can start the treatment again after a few days if the skin tag still remains.

#### **Frankincense Essential Oil**

It is important to do a patch test on the skin to check if the strong essential oil is too potent for your skin. Apply frankincense essential oil directly on the skin tag either diluted or undiluted depending on your skin sensitivity. Continue the application every day for one to two months before you see results. The tag will soon start shrinking and finally fall off without much ado.

#### **Castor Oil**

Castor oil is a strong remedy for treating skin tags at home. Take some castor oil and add some baking soda to this in order to form a thick paste. Apply this mixture on the skin tag. Repeat thrice a day and continue treatment for about three weeks. Soon the skin tag will shrink and fall off. The treatment can be continued in case the skin tag has not fallen off.

#### **Cutting Off The Skin Tag**

This is a simple procedure that can be done at home using a scissors or a scalpel. However, remember that this seemingly simple procedure requires a lot of care in order to avoid infections. Sterilize the scissors or the scalpel with boiling water, flame, hydrogen peroxide, or alcohol before usage. Use ice cubes on the skin tag for about 10-15 minutes for numbing the area.



Now, aiming at a position close to the skin, cut off the skin tag as fast as possible. Use a cotton for wiping off the blood. Apply a little salt or antiseptic cream after this procedure to prevent infection and also to speed up healing.

### Tea Tree Oil

A strong essential oil that is very acidic in nature, tea tree oil is also a natural antiseptic agent that protects the skin after the tag has been removed. Apply tea tree oil directly on the skin tag. Leave it on. Repeat the application thrice a day or more based on the size of the skin tag. The oil penetrates

the skin tag and finally the skin tag starts drying off and eventually falls off with frequent application. If you have very sensitive skin, make sure that you dilute tea tree oil before application.

### Apple Cider Vinegar

Being acidic in nature, apple cider vinegar too can be used for inducing the skin tag to fall naturally. Before application of apple cider vinegar, soak the affected area in warm water. Once the skin tag becomes soft, use a cotton ball for soaking apple cider vinegar and apply on the skin tag.

Press on the skin tag for twenty minutes for its action to take place. Rinse off with warm water. Repeat 2-3 times a day and continue treatment every day until the tag falls off.

### Asphyxiation

Another effective method to remove skin tag, asphyxiation involves depriving oxygen to the skin tag and making it shrink and fall off naturally. You can use a non-porous material for this purpose. It can be the application of nail polish, use of a band-aid, liquid band aid etc., whichever is convenient for you. Whatever method you use, it has to be airtight to prevent oxygen from entering the skin tag. The skin tag will be removed in eight to ten days with this procedure.

### Aspirin

Aspirin too can be used for treating skin tags. Take an aspirin tablet and crush it to form a powder. Apply this powder on the skin tag and seal with a duct tape. Aspirin contains acetylsalicylic acid, which helps in shrinking and drying the skin tag and finally removing it completely from the skin.

### Using A Thread

This method of removing skin tag involves the use of a thread or a string for blocking the blood circulation to the skin tag. Lack of circulation will soon cause the skin tag to shrink and dry off and



finally it falls off. Tie a thin string or a dental floss around the skin tag tightly. Leave it on for several days until the skin tags comes out. The procedure may cause some pain and the surrounding skin can get irritated under the pressure of the string. However, this method is known to be very effective in removing the skin tag within a week.

## **Baking Soda**

Baking soda is a mild exfoliant and helps in removing moles and skin tags as well. Take adequate amounts of baking soda and mix it with some warm water to form a paste. Apply on the skin tag and rub gently. Repeat the procedure several times a day and continue until the skin tag dries and falls off. Check for skin irritation while using baking soda for the treatment. If irritation persists, discontinue this method of treatment. The skin tags will be gone in one to two weeks with the use of baking soda. Repeat the procedure if the skin tags are bigger and more stubborn to be removed easily.



## **Home Remedies For Sleeplessness**

How many times do you wake up in the middle of the night and wish that the clock moved faster? Do you find it difficult to just close your eyes and keep your mind blank? Well, the effects of sleeplessness might tend to make you less active, moody, unhealthy and you may also lack feeling refreshed. More than the number of hours that you sleep, what matters most is how well you sleep.

The causes for lack of sleep could be many. To get a quality sleep, you should be able to get rid of stress, tensions, sleep depriving thoughts while you are in bed. Avoid thinking about any traumatic incident that must have happened and let go of the depression blocking your sleep.

Think about the happy times in your life and smile. Imagine all the good things which are about to happen and gather positive energy into yourself. It might not sound easy in the beginning but when you practice a few remedies you might see results soon. Given below are some simple home remedies for those who are deprived of sound sleep.

### **Best Home Remedies For Sleeplessness**

#### **Warm Scented Bath**

Before an hour you go to bed, pamper yourself with a scented shower and wash away all your stress and tensions. The water should be warm enough so that after you step out of the bathroom, the temperature of your body goes down. This makes you sleepy and you will feel relaxed. It's time to have a sound sleep.

#### **Simple Meditation**

Before you actually lie down on your bed, you can close the day with certain meditation routines that will calm your senses and also give you a good night's sleep. The routine may be very simple and can include some basic and simple breathing exercise as well. When you do this every day, your thought process becomes more sharp and light and then you will be able to concentrate and focus more. It will help you live the present moment rather than worrying about the deeds of the past.

#### **Avoid Caffeine From Diet**

It is better to reduce the quantity of caffeine you consume in a day as it is considered to be one among the most popular drugs. It acts as a stimulant and people consume it when they require to stay active or alert during any part of the day. Caffeine increases the adrenaline production in the body and it replaces the chemicals which induces sleep.



## **Watching Television Before Bed**

Most of the people love to watch television before they go to bed. But if the serials or movies they are watching is based on horror or action, then there is a release of cortisol and adrenaline hormone in the body. Hence, it is better to switch off or keep silent your iPad, mobile phones or any other devices with wireless connection which may hinder your sound sleep.

It is common sense that with these devices beeping at intervals, your sleep will be disturbed and also you will delay winding up the activities for the day.

## **Exercises**

You will be familiar with the thought, 'early to bed and early to rise makes a man wealthy, healthy and wise'. Yes, this is when you plan the activities of your day perfectly well.

Getting up early in the morning and doing exercises will have a good effect on your body and will make you active. The stress of your life will be reduced and meditation for a few minutes before you go to bed will give you an undisturbed sleep.

## **Making Your Bedroom Comfortable**

Ultimately, it is your bedroom which you come to rest. Make your bedroom comfortable for your sleep such that as you enter this room you will feel relaxed and calm.

The color of the paint, drawings, paintings on the wall, arrangement of furniture everything has an effect on your sleep.

Avoid keeping your computer systems in the bedroom. Remember that you have come to this room to relax and sleep after winding up for the day.

## **Music**

This works for most of the sleep deprived people. Listening to some soothing music relaxes your nerves and slows down the heart rate. Gradually the breathing rate also becomes slow and deep and in no time you are fast asleep. The music should be soft and kept in the auto sleep mode so that you don't have to walk all the way to turn it off. Also, you may keep the music system within your reach so that you can quickly turn the music off.

## **Warm Milk**

Wonder why your mother used to give you warm milk at the end of the day before going to bed! Well,



warm milk is considered to have soothing effects similar to that of your cozy blanket and it slows down your system, making you sleep well.

## Alcohol

Having alcohol before going to sleep can hinder your sleep during the night. Even if you sleep off early at night, you are likely to wake up at some point of time and cannot get back your sleep. When the liver metabolizes the alcohol, it has an entirely disruptive effect and your system takes more time to shut down.



## Home Remedies For Snoring

Those of us who deal with a partner who snores, know pretty well what we are talking about! We are never at rest completely. It is the irritating and way too bothersome sound of snores that disturb our sleep that we are always sleepy and blurry eyed? Is that you? Then you are not alone!

Snoring can be so bad that I have known people who have gone to the extent of separation. If you are one of those tired and frazzled souls who want a relief and a break, take notice! Snoring in fact is caused by the vibrating movement of the soft palate of your mouth. There are many causes for this condition. The most common cause is that when you sleep the soft palate and the tongue become slack causing it to fall backwards and obstruct the passage of air. Sleeping position is also another factor that causes snoring.

## **Home Remedies for Snoring**

### Warm Milk

Drink a glass of warm milk every night before going to bed. Add a pinch of turmeric powder and pepper to it. The turmeric will help clear any blockage in the airway and decrease congestion. Milk will give a protective coating to the trachea. Your breathing will be easy and smooth.

### Chamomile Tea

Brew a cup of chamomile tea and drink it warm with a teaspoon of honey. Chamomile tea has a very soothing and calming effect on the nerves. It releases stress and induces sound sleep.

### Change The Position Of Sleep If Your Are Snoring

Sleep position is a major factor that can stop or start snoring. Most people who sleep on their back, especially men, start to snore like a bear. This is because when you sleep on your back the tongue and the soft palate tends to fall backwards thus causing the blockage of air passage and resultant vibration of the nearby muscles and tissues. Next time you hear your spouse snoring, try this. Push him to the side so that he moves to a side position while sleeping. This will immediately put an end to his snoring and leave you enough time to catch some much needed sleep.

### Keep The Head Elevated To Stop Snoring

If you an extreme case of snoring, the best way to stop it is to keep your head a little elevated. Stack up more than one pillow and try sleeping o that. Do not stack up too many pillows and end with a sprained neck as well along with your snoring! Try varying methods by stacking dorm books under



your pillow or bed sheets or whatever you feel you will be comfortable and offer comfort to your spouse as well. Perhaps you too could be too eager to stop that nuisance.

### **Avoid Foods That Make You Snore**

If you have chronic snoring, then make some serious changes in your diet, especially before you go to sleep. Drinking milk or taking any kind of dairy products can increase the production of mucous and make your snore more. So if you have been drinking a glass of warm milk to facilitate sleep, stop it immediately.

Similarly food that is spicy, heavy meals, smoking, food that is rich and eating just before sleeping can all lead you to snoring. Keep away from such habit for a few days and see how much of an improvement you have made in your habit. You will already sense that you have made a huge improvement by the way your spouse has changed her attitude towards you.

### **Antihistamines Can Stop Snoring**

Snoring can also be a result of adenoids and nasal congestions, or allergies. If you are allergic to something or are allergy prone, you can use a decongestant or antihistamine which will stop the release of chemicals called histamines that trigger allergies. Home remedies for nasal congestion is to take pungent and spicy food, inhaling steam, warm compresses under the eyes and the nose, saline sprays that can be made by mixing baking soda and salt with water etc. This will help in opening the passage and facilitating easy breathing.

### **Inhale At Night To Stop Snoring**

Snoring can also be treated by inhalation of steam before you sleep. Inhaling will help in keeping the mucous membranes moist and prevent dryness which can trigger snoring. You can spray saline into your mouth and nose before sleeping. Using a humidifier or a vaporiser too will help in keeping the atmosphere moist, preventing episodes of snoring. Doing one of these things will surely stop your snoring and prevent others from complaining anymore.

### **Reduce Weight To Prevent Snoring**

If you are overweight, then that too is a cause for snoring. Extra pounds that are stored around the waist and stomach can suffocate you and prevent easy breathing by pressing against the diaphragm. Think of joining an exercise regime to do away with that weight problem that had been nagging you for years. You not only stop snoring, but also earn brownie points from your spouse for getting back to shape and stopping to cause embarrassment for her.

### **Honey And Nettle Tea Can Stop Snoring**





Try some herbal remedies now. To keep your throat well moisturised, you may take the help of honey, the natural moisturiser. Take two teaspoons of honey in the morning and evening. This will leave your throat muscles smooth and soft and free from snoring.

### **Eat Early To Sop Snoring**

Eating early is important if you have a problem with snoring. Make it a point to eat light meals at least 3 hours before you sleep. This will allow for digestion and prevent your stomach from being too full and get snoring. You must also not sleep as soon as you eat as this will result in symptoms of acid reflux which can be damaging to your throat as well as esophagus.

### **Nasal Strips As A Last Resort**

If nothing seems to be working for you, although this will surely not be happening, you can think of using nasal strips on your nose. These are known to be very effective and can help you stop snoring at night. Nasal strips are available in all medical shops and help in keeping the nasal passage open when you sleep. It could be a bit uncomfortable for you, with all the pulling sensation and stuff, but anything for your spouse!



## Home Remedies For Spider Veins

Spider veins are tiny swollen blood vessels which are easily discernible through the skin. They appear like a web of thin and twisted purple or red, jagged lines and are most often seen on the inside of the legs, ankles, face and thighs. When the valves in these superficial veins become weakened they are unable to push the blood towards the heart and the blood flows backwards and accumulates in the veins. This results in swelling and when the blood begins to stagnate in them they turn blue, purple and red.

This condition usually occurs in old age and is more common in women than in men. It is caused by improper or slow blood circulation, standing for long periods, heredity and hormonal changes. Spider veins not only detract from the appearance but are also very painful and itchy. They can cause the legs and ankles to swell and to feel hot and heavy. The delivery of blood and oxygen to the tissues is hindered and the removal of waste is delayed this can cause the skin to become thin, discolored and susceptible to ulcers.

## **Home Remedies For Spider Veins**

### Oranges

The vitamin C present in oranges is very crucial in the treatment of spider veins. Vitamin C is required to strengthen the blood vessels and improve the circulation of blood. It is also an excellent antioxidant which protects the tissues from damage. Eat oranges everyday on a regular basis.

### Castor Oil

Castor oil has anti-inflammatory and stimulating properties. It stimulates the blood circulation and increases the flow of blood to the blood starved tissues. It prevents the blood from clotting in the veins and reduces their swelling. Massage the affected areas with warm castor oil twice a day. Cover the areas with warm flannel. The swelling will subside and the pain and itching will abate. You will feel relieved when the pressure is lifted off the blood vessels.

### Guava

Eating guavas everyday can improve spider veins considerably. Guava is rich in vitamin C which is essential for the strength of the blood vessels and it has large quantities of vitamin K which improves blood flow to the tissues and prevents discoloration. It also contains lycopene which is an antioxidant

that protects the cells and tissues from toxic damage. Eat guavas as much as you can to strengthen the capillaries and veins and to improve the blood flow. If the circulation of the blood increases, it will



not stagnate in the blood vessels and cause further harm.

### **Apple Cider Vinegar**

Apple cider vinegar is the most common home remedy for spider veins. It improves the appearance of the veins by reducing the swelling and increasing the blood circulation to the affected areas. Soak a clean cloth in apple cider vinegar and apply as a compress on the spider veins. Keep the compress for half an hour. Repeat this twice a day until the veins regain their normal appearance.

### **Mustard Oil**

Mustard oil is very good in stimulating the blood circulation and in strengthening the valves. Massage twice a day all the affected areas. You will notice a difference in the spider veins very soon.



## **Home Remedies For Stomach Pain**

In normal life, children as well as adults tend to suffer from stomach pain. This is a most common ailment and can be caused due to a number of reasons. Over eating is the main cause. However, refined sugars, starchy foods, saturated fats, very spicy food can also cause stomach pain.

Gas causing foods like corn and legumes, should be consumed moderately. Stringy meats and fried foods should be avoided. Going off to sleep immediately after a heavy meal is bad for the stomach. Indigestion, gases, and acidity, are also some of the common causes. Improper bowel movement can also cause stomach pain. Instead of running to the doctor for prescribed medication these simple home cures are excellent for fast relief. Besides being harmless they are cheap too.

## **Home Remedies For Stomach Pain**

### **Fennel seeds or Saunf**

Fennel seeds are widely used in cooking and is a good source of vitamin C and essential amino acids. It contains essential oils and is very rich in fibre. It helps in digestion and expels stomach gases. Sprinkle a little salted water on equal quantities of fennel seeds, coriander seeds and sesame seeds.

Roast separately till the seeds sputter. Mix them and when cool store in an air tight jar. After every meal eat a teaspoon of this mixture of seeds. This not only improves the taste of the mouth but also eases the smooth lining of the digestive tract and eliminates gases. The fibre in it aids digestion. Boil four teaspoons of fennel seeds in one litre of water for five minutes. Cool the water and drink it from time to time. The stomach pain will subside promoting a feeling of well being.

### **Fenugreek or Methi Seeds**

Fenugreek is called a cleanser because of its cleansing properties. It reduces fatty acids and has a gentle laxative property. It is extremely rich in vital vitamins and minerals and assists and enhances the digestive tract functions by cleaning it and giving it a protective covering. Swallow a teaspoon of methi seeds with water to relieve pain.

Wash and soak a handful of methi seeds. In the morning drink the water and tie the seeds in a piece of thin cloth and leave them to sprout. It will take two to three days for the seeds to sprout. If the weather is cold, it can take longer. Keep moistening the cloth, with a little water, whenever it becomes dry.

When the shoots start poking out of the cloth, untie the cloth and store the sprouted methi seeds in a container and refrigerate. Every morning eat one level tablespoon of sprouts. Sprouted methi is not



bitter and is very mild in taste. You will never have stomach disorders. In fact the whole body will keep free from impurities.

### **Onion Seeds or Kalonji**

Onion seeds are commonly used to flavor breads and pickles but they have great medicinal values and are used to treat a number of ailments. They fight bacterial and viral infections. They are rich in calcium, iron, potassium and proteins. They contain health giving essential oils and are great pain relievers. Swallow a teaspoon of onion seeds with water. The fibre in it will set to work immediately, greatly improving the function of the digestive system.

### **Instant Relief with Black Salt**

Black salt is very good for digestion. It is considered to have a very cooling effect. It is very effective in eliminating gases from the stomach and intestines, it reduces heartburn and deals with constipation. Take juice of one lemon. Add a tiny pinch of hing to it. Take one teaspoon of powdered black salt. Add it to a glass of water and stir in the lemon juice. Warm it slightly and drink, at least two or three times.

### **Quick results with Ajwain or Carom Seeds**

Ajwain is full of essential oils like thymol, and limonene. It keeps control on microbes. As soon as it is ingested its anti-bacterial properties act quickly providing immediate relief. Boil two teaspoons of ajwain in two glasses of water. Boil for five minutes. Strain and add a teaspoon of sugar. Drink it hot. It will immediately and effectively relieve constipation and stomach gas.

### **Limes The Evergreen Remedy**

Cut one lime into half. With the skin side facing the flame heat, both the halves for half a minute. With a fork remove the seeds and insert salt and pepper. Suck the juice slowly from both the pieces. You can add more salt and pepper if you want.

### **Work Wonders with Dried Ginger Powder**

Ginger is an age old remedy well known for its therapeutic benefits. Its antioxidant properties counteract food decay in the stomach and large intestine and drive out gases. Take five teaspoons of ginger powder, two teaspoons of black pepper powder, half teaspoon of hing powder, two teaspoons of roasted cumin powder and two teaspoons of black salt. Mix well and store in a jar. Swallow one teaspoon with water. Repeat again after four hours.

### **Curd**



Curd has soothing and curative properties. Its bacteria demolish the bad bacteria in the body and speed up digestion. Curd is very rich in calcium. Take half a cup of fat free curds .Beat well and mix with one and half cups of water. Drink to alleviate pain. It should be taken plain, without any salt. Drink this three times a day before evening.

### **Try this Simple Exercise**

Sit on a flat surface, preferably on the ground. Stretch your legs straight, in front of you. Breathe in deeply, bend waist forwards, to catch the big toe, of each leg with each hand. Take care you don't bend the knees. Hold for five seconds. Release the toes and straighten, exhaling slowly. Repeat 15 times. The knot of pain will disappear.

### **Cold Compress**

Fold a cloth eight inches wide and twelve inches long. Dip this in a bowl of chilled water. Squeeze out excess water. Lie on your back and cover your stomach with this cloth. As soon as the cloth loses its chill dip it again and place on the stomach. The acid in the stomach will settle giving relief.

## Home Remedies For Strep Throat

Strep throat is caused by group 'A' streptococcus bacteria, which causes inflammation of the lymph nodes, tonsils and throat. It is widespread during the flu season. It is usually preceded by symptoms like cough, sneezing and runny nose. The incubation period is around 3 to 5 days and normally most of the symptoms occur during this period. Difficulty in swallowing, the mucus producing cough, swelling and inflammation in throat, body weakness, fatigue, fever, poor appetite, headache, excessive sweating and nausea are some of the symptoms of this ailment.

The bacteria that are responsible for strep throat are quite contagious and can be transmitted easily from one person to another through coughing, sneezing or by direct touch. There are a number of home remedies to relieve the symptoms associated with strep throat.

### **Home Remedies For Strep Throat**

#### Gargle with Cinnamon and Pepper

Take hot water (1 glass) and add black pepper powder (1/2 tsp), salt (1 tsp) and cinnamon powder (1/2 tsp). Gargle with this liquid two times every day.

#### Gargle with Turmeric

This remedy will surely soothe a cranky throat. Take hot water (1 glass) and add salt (1/2 tsp) and turmeric (1/2 tsp) to it. Gargle with this liquid two times a day. In case, you do not prefer gargling, you can drink hot milk (1 cup) mixed with turmeric (1/2 tsp).

#### Gargle with Salt Water

Prepare a saline mixture by mixing salt (1/2 tsp) in hot water (1 glass). This is an effective remedy for sore-throat. Salt is mildly antiseptic and will reduce inflammation and clears phlegm. This remedy must be followed every 3-4 hours.

#### Gargle with Baking Soda

Dissolve baking soda (1/2 tsp) in warm water (1 glass) and use it to gargle for quick relief from the symptoms of sore throat.

#### Honey and Cinnamon



Place cinnamon sticks (about an inch) in water (1 1/2 cups) and boil for about 15-20 minutes. Strain and remove the cinnamon sticks and before drinking the concoction you can add 1 tsp of honey to it. The antibacterial properties of honey help in healing the strep throat quickly. It also works as hypertonic osmotic-meaning it draws water from the inflamed tissue and reduces discomfort and swelling.

### **Apple Cider Vinegar**

Mix together apple cider vinegar (1 tbsp) and water (8 Oz). Use this mixture to gargle every 30 minutes and in 2 days you will notice significant improvement.

### **Lemon**

Mix lemon juice (1 tbsp), black pepper powder (1/2 tsp) and salt (1/2 tsp). Heat this mixture till it is lukewarm and consume once daily to get relief from strep throat.

### **Black Peppercorn**

Take black peppercorns (1/2 tsp) and crush them into coarse powder. Mix this with hot milk and consume in the morning on an empty stomach. This can be followed for a couple of days till you get relief from strep throat. Alternatively, you can mix the powder in hot water and use this to gargle in the morning.

### **Ginger**

Make a tea with lemon, ginger and honey and drink two times a day to get relief from strep throat.

### **Garlic**

This is one of the miraculous home remedies that will quickly relieve sore throat. Peel a clove of garlic and cut it into half. Place them on either side of each cheek and suck on the pieces of garlic. Occasionally you can crush it with your teeth to release a chemical known as allicin that kills the bacteria causing strep throat.





## **Home Remedies For Stretch Marks**

A quick weight gain, an extreme weight loss, puberty and pregnancy can shrink and stretch the outer layer of the skin, thereby leaving visible purplish or reddish stripes on different body parts like abdomen, breasts, thighs and arms. The skin loses elasticity and forms stretch marks, which in turn leads to a deflated self-image and stress in women and in men.

Even though, conventional creams and over-the-counter medications available for the removal of stretch marks provide some relief, they are quite expensive and the synthetic chemicals present in these products can actually harm the skin, which inevitably worsens the condition. Read on to discover certain home remedies that you can make using simple ingredients found on your kitchen shelf or in a local supermarket.

### **Home Remedies For Stretch Marks**

#### **Water**

Being one of the simplest ways of dealing with skin deformities, water serves as a very effective means of keeping your skin hydrated and healthy. It moisturizes the skin and prevents it from losing its elasticity and becoming dry. Hence, drink at least eight to ten glasses of water during pregnancy and adhere to a weight loss program to ensure that the skin can expand and contract easily without leaving any visible marks.

#### **Massage Using A Healing Paste**

Experiment with a different combination of natural oils or amalgams, made using one ounce of avocado, jojoba, olive or sweet almond oil; six drops of chamomile oil, and eight drops of lavender oil or add four tablespoons of extra virgin olive oil, four tablespoons of aloe Vera and two teaspoons of sugar to make our own home-made healing pastes.

Blend the mixture well and apply it on the stretch marks before taking a shower or before going to bed. Make sure that you massage them gently and regularly into your skin to ensure an increased blood circulation for obtaining a bouncy skin free of any stretch marks.

#### **Natural Scrubs**

Gentle scrubbing of the affected areas using scrubs made of oatmeal or apricot can remove dead cells from the skin that prevent it from staying hydrated and healthy. A lemon body scrub can also be used, which involves rubbing the skin with a lemon followed by massaging an amalgam, made using skin elasticity body lotions and baby oil rich in vitamin C into the skin.



The lemon is rubbed into the skin again and left on the skin for about 1-2 hours before taking a shower. This allows the vitamin C present in the lemon, to percolate within the deeper layers of skin, hindering free radical damage to collagen and elastic fibers and eventually eliminates stretch marks over a period of time.

## **Diet Rich In Vitamins**

Opt for a diet rich in minerals and vitamins to exploit their antioxidant and collagen-producing properties for maintaining a healthy skin and for preventing stretch marks. The key to restoring a beautiful skin lies in protecting the special types of proteins and fibers that maintain the integrity of the skin. Most gynecologists recommend a bunch of vitamins especially vitamin A, C, D3, E and folic acid during the prenatal period to promote the growth and development of the fetus.

Intake of these vitamins also plays a crucial role in the formation of collagen fibers that strengthens the extracellular matrix of the skin, thus contributing significantly towards repairing skin damage and healing stretch marks.

Vitamin A obtained from sources like carrots, spinach, melons, etc., help the skin in maintaining high levels of collagen. Vitamin C found in foods like citrus fruits, peppers, broccoli, etc., not only act as a primary precursor of collagen but also help in speeding up the process of healing stretch marks by acting as a potent antioxidant.

They target the toxic free radicals that build-up over a period of time and destroy collagen and elastic fibers that make up the skin. External application of vitamin E based oils has by far proven to be the best way of getting rid of stretch marks. Vitamin E stimulates the production of collagen fibers, thus regenerating the damaged skin tissue and improving the texture of the skin affected by stretch marks.

## **Genistein**

Genistein is a phytoestrogen, mostly found in tofu, soy milk, soy beans and other soy products and is known to boost the production of collagen. It also neutralizes the effect of certain enzymes, often implicated in aging, which break down the skin and prevent it from recovering quickly.

## **Lutein**

Researchers from the University of Harvard have announced lute in, a yellow pigment found in plants, to be a potent antioxidant that guards the skin from free radical damage.

Foods that serve as its sources include dark green, leafy vegetables like spinach, mustard green, okra, celery, lettuce, green beans, asparagus, olives, avocados, kiwi, raw turnips, etc. It also helps in



increasing skin hydration and fights both wrinkles and stretch marks.

### Coconut Oil

Stretch marks usually cause itching, which can slow down the process of healing. An instant remedy for treating itching caused by stretch marks is to apply coconut oil on the affected area and leave it on for an hour, before taking a bath. When followed regularly for a period of two weeks, this remedy has proven effective in preventing and eliminating stretch marks.

### Almond Oil

Rich in Vitamin E, eating almonds or massaging the areas prone to stretch marks using almond oil can aid in the formation of collagen and elastic fibers, the two most important proteins needed for obtaining a healthy skin.

It has been termed as the safest remedy to be used during pregnancy. Additionally, it adds extra benefits by nourishing both the mother and the fetus with essential nutrients, required for the development of a healthy brain.

### Physical Exercise

Abdominal exercises like crunches, cycling, etc., can tone the muscles and promote a gradual loss in the weight thus, preventing the formation of stretch marks. Yoga, involving deep breathing exercises or pranayam can also aid in battling stretch marks by improving the elasticity of the skin.

### Glycolic Acid

A member of the alpha-hydroxide acid family, it acts as an excellent exfoliator for the removal of dead skin cells. Derived from sugarcane and unripe grapes, it sheds off the upper damaged layers of the skin thus, revealing the inner healthier layers of the skin. Studies have shown that it also promotes the formation of collagen fibers and fills in the deep damaged caused by stretch marks. This has made it a very popular choice specific for improving the texture and coloration of the skin and for treating stretch marks.

These remedies can effectively restore the natural healing power of your skin thereby, reducing or even eliminating stretch marks, when used consistently on a daily basis. However, to be on the safe side, you should inform your doctor about any alternative treatment that you are following to ensure that you do not exceed the recommended dosage and to avoid possible interactions with the other prescribed medications.



## **Home Remedies For Styes**

Stye is a common eye problem which occurs in the form of pimples or boils on the edge of the eyelid due to inflammation caused by bacteria. When the sebaceous glands around the eyes get clogged or obstructed the oil that these glands secrete, accumulates in the glands and is squeezed out through their walls in the form of a lump or nodule. Most often these lumps get infected by bacteria and become swollen and painful. The eyes become red and itchy.

Generally these styes are harmless and do not impair vision but they look extremely unattractive and ugly. The stye appears with a discernable whitish yellow spot like a pustule either on the outside or on the inside of the eyelid. The glands can get clogged due to poor eyelid hygiene, eye makeup, certain inflammatory diseases of the eyelids and hormonal changes. These styes often cause mucous discharge in the eyes, itching on the eyeball and a burning sensation.

## **Home Remedies For Styes**

### **Sandalwood Paste**

Sandalwood has an indescribably alluring aroma. Its essential oils are endowed with antiseptic, astringent and antispasmodic properties. It has a very cooling and soothing effect on the nerves and tissues.

The aroma itself has innumerable healing powers. Make a sandalwood paste and apply it on the stye. Keep replenishing the coating of the paste on the stye continuously until it heals. The itching and redness will reduce and the swelling will go away within no time.

### **Nutmeg**

Nutmeg has innumerable medicinal qualities and is widely employed in therapeutic uses. It has a wonderful sweet aroma and its essential oils are full of strong antibacterial properties. Rub nutmeg on a stone board with a little water to form a paste. Put a layer of it on the stye. Leave the paste to dry. Consistent use will shrink and dissolve the stye and bring relief. Do not use nutmeg inside the eyes.

### **Coriander Seed Eyewash**

This is a very effective and absolutely safe remedy. Take one teaspoon of coriander seeds and boil in a glass of water. Simmer till the powers of the seeds are properly extracted into the water.



Strain and cool the water. Wash your eyes with this solution three or four times daily. The antioxidant properties of coriander will reduce the swelling and unclog the orifices of the glands. The itching and redness will also abate quickly.

### Alum

Alum has anti-inflammatory, astringent, and antiseptic characteristics. Heat some water and dissolve a quarter teaspoon of alum into it. Dip a clean soft cloth into the solution and place the hot compress on the eyes and the styes. Press the eyelids gently so that they can absorb the heat. Repeat several times. You can also prepare a solution with a pinch of alum powder and warm water and wash your eyes twice a day with it.

### Aloe Vera Gel

This is a very simple and easy remedy which costs very little effort. Everyone is pretty much aware of the magical and overpowering healing characteristics of this simple common plant. Remove the gel from a fresh leaf and place it on the swollen eyelids. Rub gently for a few minutes. Constant application will cause the styes to contract and finally vanish.



## Home Remedies For Sunburn

Overexposure to the rays of otherwise benevolent Sun god can scorch your skin. If you remain directly under the rays of the sun unprotected, over a few hours, it proves to be harmful. The excessive damage to the skin causes redness and [pain and may result in blisters. Though it shows up after a few hours and not immediately.

However over centuries, people have turned towards Mother Nature to heal and sooth the wrath they incur by being in the sun for too long. This article informs you about a few tried and tested home remedies for sunburn.

### Symptoms of Sunburn

Sunburn, if severe, can lead to burns which may be equivalent to second degree burns. Which means the watery blisters appear which are accompanied by fever, dehydration and nausea. If the sunburn is of a lesser degree, the exposed skin feels sore and may turn red, and it usually lasts for about 3-4 days. You may even feel that your body has been put on fire. The skin is likely to peel and fall off within a few days.

## Home Remedies For Sunburn

### Aloe Vera

This cactus can be called a miracle cactus. The redness and burning sensation can reduce considerably upon the application of Aloe Vera gel. This plant is available easily or you may consider planting it in a corner of your garden or in a pot that can be kept in your balcony.

Cut one thick outer leaf from the plant, scrape the prickly sides off with a knife and scoop out the healing gel. You can churn this gel in a blender to make a fine paste. Apply it 4-5 times in a day on the affected parts of the body. Then wash it off with fresh water.

### Baking Soda

Baking soda added to cold water makes an excellent remedy. It soothes your skin and makes you feel comfortable. Put 2-3 heaped tablespoons of baking soda in a bucket of water. Pour that water gradually over your body for 10-15 minutes. If you pour this water longer than that, it will dry and irritate your skin. So stick to that time frame. It will be better if you let your body air dry rather than wiping it off.



## **Oatmeal for Sunburn**

To get relief from sunburn you can try a bath of oatmeal. Add 5-6 heaped tablespoons of oatmeal to your bathing water. The best way to use oatmeal is either you buy oatmeal powder from a health store or grind the oatmeal yourself in a mixer or you can even put oatmeal in a fine cheesecloth bag. Leave this in the bathwater for half an hour.

The white milky liquid of the oatmeal is beneficial for sunburn. You can soak in this water for 15-20 minutes. It's good to air-dry your body as was done with baking soda remedy.

## **Cool Compress**

Cool compresses are easy to use and convenient. You have to take a few small towels and soak them in either fresh or cold water as per your liking. Squeeze the excess water out and keep the wet towels on the sun burnt areas of your body.

You should do this many times a day. For an added effect, you can put 2 tablespoons of baking soda to a bucket full of water instead of using plain water. You may even use oatmeal water for cold compress.

## **Hydrate Yourself for Sunburn**

Replenishing the lost water will heal the sunburn faster. Make it a point to drink plenty of water for a few days or till the symptoms subside. Drink fresh lemon juice. The best way to drink it is to just add a tablespoon of lemon juice to a glass of water.

Add 1 tablespoon sugar, ½ tablespoon of pink salt and ½ tablespoon of roasted and ground cumin powder and a few crushed mint leaves. This will decrease the accumulated heat from the body.

## **Potatoes**

This age old remedy will give immediate relief from sunburn pain. You need to make a paste of raw potatoes by putting their pieces through a blender. They should get converted to a fine paste. Apply this on the burnt parts and wash it off after it gets dried up. To make things easier put this paste on a gauze and keep this gauze on the area where it's needed.

## **Yogurt and Butter Milk**

This wonderful home remedy comes from the grandmother. You can rub either plain yogurt or buttermilk on the sun burnt body parts. They are wonderful natural skin-soothers, and are easily available. Drinking butter milk to hydrate your body can help heal the body faster.



### **Vinegar and Milk**

Take a cotton ball and apply white vinegar on the affected body parts with this cotton ball. Leave it 5-10 minutes, follow it up with an application of milk. Leave milk for 5-10 minutes and rinse it with plain water. Use this remedy 2 or 3 times a day. vinegar can heal the skin and milk soothes the burnt skin.

### **Avocado for Sunburn**

A paste of raw avocado provides a good treatment option for sunburns, provided it is applied on the same day of getting the burns. Peel the skin of this big fruit and make a fine paste of it by either putting it in a blender or grating it. Apply this paste for 20 minutes to half an hour and wash it off under a shower. It removes the heat from the body and heals the tortured skin.

### **Cucumber and Aloe Vera**

Grate a cucumber into a fine paste and add some aloe Vera gel to it. You can add some glycerin and rose water to this paste. Apply it for half an hour and wash it off with fresh water. Repeat this 2-3 times a day. Cucumber is a well known natural remedy for cooling your body.

### **Lifestyle for Sunburn**

As is evident, it's better to stay away from the direct sun rays. If at all you have to be under the sun, cut short the duration. It works best to cover yourself well with the clothes. Wear a hat and carry an umbrella when you are under the harsh sun rays. Make it a point to carry water with you and drink at regular intervals.

### **Diet for Sunburn**

Pomegranates can provide the much needed succor from sun burns. They have anti-inflammatory and antioxidant properties. Bell peppers, strawberries and guavas will help you guard against sunburns because they are rich in vitamin C. Finally, drink plenty of water, whether plain or as juices and butter milk.





## Home Remedies For Sweaty Hands

Sweaty hands are a real put off and the condition plagues many a human being and affects their social and personal life as well. Most of them are embarrassed by the condition and shy away from society and personal contact. Several reasons like stress, hormone problems etc. can be attributed to sweaty hands.

Instead of worrying about the problem, try these wonderful remedies that not only help treat the condition but also prevent further episodes of sweaty hands successfully. These remedies are easily available at home and can also be carried along with you while you are on the move so that your hands remain dry and fresh all throughout the day.

### **Home Remedies For Sweaty Hands**

#### Water

Water is an excellent cooling remedy and sweaty hands are particularly worse on people whose body gets hot very fast. The best way to avoid this is to drink plenty of cool water all throughout the day. This will help the body to remain cool and prevent sweaty hands as well. Drink at least 2-3 litres of water to keep your body temperature under control.

#### Green Tea

Green tea has several medicinal as well as astringent qualities and helps in drying the sweat naturally by closing the pores. Green tea also helps in removing excess oils and moisture from the skin and prevents sweat from escaping into the skin surface.

Drinking green tea will also have a detoxifying effect on your body and this will eliminate the bad odour in your sweat and prevent bacterial action on the sweat as well. Take 2-3 cups of green tea every day and dab some green tea ice cubes in your hands every now and then to prevent sweaty hands.

#### Sage Tea Soak

Sage tea too has astringent properties and can be used for treating sweaty hands. Take a bucket full of warm or hot water and add 2-3 sage tea bags or fresh tea leaves. Allow it to steep for 15-20 minutes. Soak your hands in this water for twenty minutes every day. Sage tea will dry the excess oils and will prevent your hands from sweating for several days. This treatment has to be continued for a week every day for best results. Sage tea can also be drunk before bedtime for increasing the results.

#### Alcohol



Alcohol has a drying and dehydrating effect on the body and hence a wonderful natural remedy for treating sweaty palms. Rubbing alcohol or alcohol-based products on the hands will immediately give a drying effect to the palms. It is recommended to use alcohol wipes every now and then to control sweatiness of the palms.

### **Cornstarch**

Cornstarch is a simple dusting remedy that is used by many for controlling sweaty hands, feet and armpits effectively. Cornstarch is odorless and resembles talcum powder and hence does not create any mess when applied frequently. It is also a good absorbent and helps in keeping the skin dry. Dust your hands with cornstarch all throughout the day to prevent sweaty hands.

### **Talcum Powder**

Talcum powder is another simple and easily available home remedy for treating sweaty hands. However, it is important to choose mildly perfumes variety or non perfumed variety of talcum powder for this purpose as sweaty hands can smell really bad when the sweat combines with the perfume in the talc.

Baby powder is a good alternative as it is mildly perfumed. The talc in the powder helps in keeping the sweat under control by forming a layer over the skin surface and absorbing the sweat adequately.

### **Baking Soda**

Baking soda has good absorption properties that will help in keeping the skin dry on the surface. Take some baking soda and mix with water. Apply on the palm and rub your palms together to seal the surface with baking soda and prevent sweat from seeping through. You can repeat the procedure as and when needed to keep the sweating under control.

### **Lemon And Orange Peels**

Powdered lemon or orange peels too are excellent for controlling sweaty hands. They are also good in that they leave your hands with a fresh and wonderful aroma as well. Take orange and lemon peels and dry them in the sun.

This can be powdered and stored in airtight jars. When necessary, you can use them as dusting powder or mix them with water and leave a coat on the hands and allowed to dry. The powder can also be mixed with baking powder and used for dusting and deodorizing your hands.

### **Tomato Juice**



The cooling and astringent properties of tomato juice too will help in controlling sweaty hands and palms. Drink cool tomato juice every day to keep your body cool. Apply tomato juice on the palm for keeping the pal dry and soft.

### Tea Bags

Tea bags too have astringent properties due to the tannic acid in it. Application of black tea bags help in the shrinking of pores and also in reducing the chances of sweat from seeping though the pores. Take moist tea bags and hold them inside your palms for a few minutes every few hours. Black tea can also be used for rinsing or wiping your palms or soaking for half an hour every day to control sweating.

### Vinegar

Another wonderful astringent that can be used for controlling sweaty hands is vinegar. Dab vinegar in your palms 2-3 times a day to prevent excessive sweating and keep your hands dry from sweat.

### Rose Water

Rose water is another remedy that can be used for controlling sweaty hands. Prepare rose water by boiling rose petals in water and adding a few drops of rose oil for fragrance. This can be bottled and used for dabbing on the hands several times to prevent sweating.

Another way to use rose water is to mix it with vinegar to create a much more strong remedy for sweaty hands. Take some rose petals and infuse it in white vinegar. This can be stored in a bottle and used for dabbing on your hands in the morning and evening and in between when necessary for controlling sweaty hands.



## **Home Remedies For Swelling**

Swelling can occur in any part of the body. It is an increase in the size or some change in the shape of an area on your body. Swelling may be accompanied by pain and a tingling sensation in the affected area. It causes much discomfort sometimes, not allowing you to do your regular activities normally.

### **Types of Swelling**

There are two main types of swellings that can occur in your body. Localized swelling is in a restricted area, limiting itself to the place of injury. Generalized swelling is all over the body, or it could be on the whole limb. Body fluids accumulate in the affected areas and this leads to the swelling.

### **Causes of Swelling**

If you have an injury on your ankle, hand or any particular area of your body, a local swelling might develop there. An injury, infections like abscess, burns and insect bites can cause localized swelling to occur. Certain medications, or insect stings, may cause an allergic reaction in the body and lead to a generalized swelling. Another kind of swelling may occur due to abnormal tissue growth. A very common swelling occurs when you stand or sit in a position for too long, it may lead to swelling in the feet and ankles. Body fluid accumulates in these areas due to the pull of gravity. Accumulation of fluids is called oedema.

## **Home Remedies for Swelling**

### **Apply an Ice Pack**

If you have a swelling due to an injury, application of ice packs is very effective in reducing the swelling. Wrap some ice cubes in a clean cloth and apply this ice pack to the affected area. This provides lot of relief from the pain and the swelling subsides on regular application.

### **Apply Aloe Vera**

Aloe vera possesses many medicinal properties due to which it is used as a home remedy for many ailments. It contains a substance called bradykininase, which reduces swelling in the affected areas. Apply aloe vera gel to the affected part of the body every hour till the swelling subsides. It provides a soothing feeling and is very beneficial in the case of insect bites which itch a great deal.

### **Ginger Tea**



Ginger is the most popular home remedy for treating many kinds of ailments. It contains compounds that help to reduce the swelling and alleviate pain. Ginger has blood thinning properties and this helps prevent the fluid and blood collection in the affected area. Add some crushed, fresh ginger root to a bowl of water and boil for a few minutes. Have this ginger tea.

### **Eat Pineapple**

Pineapples are rich in a compound called bromelain that is effective in preventing excess fluid collection in the affected part of your body. Eat slices of fresh pineapple regularly until the swelling vanishes completely.

### **Apply Hot and Cold Towels**

Use temperature to treat the inflammation and swelling by alternating between hot and cold treatments. First, cover the affected area with a towel soaked in some cold water. This helps reduce the swelling as the blood flow gets restricted.

Now, after half an hour, apply a hot towel to the same area. The heat helps alleviate the pain. Continue this treatment till the swelling subsides completely.

### **Massage**

The swollen area can be painful, so a very gentle massage is only advised. Massaging the affected area in slow, gentle strokes, in the direction of your heart, helps remove the excess fluid collected there. This helps bring down the swelling.

### **Elevate the Swollen Part**

Excess fluid collects in the affected region and causes swelling. You need to get rid of this collected fluid in order to reduce it. The best way to achieve this is by elevating the swollen part of the body above your heart level.

Do this for at least half an hour, thrice a day, in order to allow the fluid to drain away. You will notice a considerable reduction in swelling in the affected area.

### **Reduce Salt Intake**

Excess salt causes bloating and fluid retention in the body. You already have enough fluid retention in the affected parts of your body and you need to reduce it! Cut down on your salt intake if you have generalized swelling in your body due to some infection, allergy, or disease.



This will certainly help prevent fluid collection and bring down the swelling considerably. Avoid processed, preserved and junk foods as their salt content is quite high.

### **Drink Plenty of Water**

It may seem strange that since fluid collection causes swelling, you are being asked to drink more water. But, drinking plenty of water will help flush out toxins from your body and help it effectively filter out the fluid that is causing the swelling. Water also keeps the body tissues well hydrated and helps in good blood circulation, which allows the body to heal faster.



## **Home Remedies For Swelling Feet**

Swelling in the feet is not a major cause of concern because the feet and ankles normally swell if you stand for long periods or walk a lot or even if you sit inactive for a long time with your feet resting in one position. Increased age, blood clots in the legs, buildup of fluids in the foot, ankle and leg, obesity and venous insufficiency are the most common causes for swelling.

If the swelling does not abate then it can be a sign of serious diseases like liver failure, heart failure and kidney failure. Foot injuries and certain medications can also lead to swelling in the feet. The swelling can make walking difficult and also result in pain. It also brings a tingling sensation or numbness in the feet. However, several home remedies can help you get over this problem and its distressful symptoms.

### **Home Remedies For Swelling Feet**

#### **Epsom Salt**

Fill your bathtub with extra warm water and dissolve two cups of Epsom salt into it. Soak your whole body in this solution for twenty five minutes or till the water turns tepid. The magnesium sulfate present in the salt will ease the swelling and pain and since it is easily absorbed by the skin, it will also keep the blood vessels in good health and improve circulation.

#### **Grapefruit Essential Oil**

This oil has powerful anti-inflammatory properties which bring considerable relief in the swelling and ease the pressure of the accumulated fluid in the legs, feet and ankles.

Fill a bucket with some hot water and add a few drops of grapefruit essential oil to it. Soak your feet in this solution three times daily. In addition to this, mix some grapefruit essential oil with some olive oil and massage your feet with it. Rub the oil all over the feet, ankles and calves in a circular motion or an upward motion towards the heart.

#### **Mustard Soak**

Mustard alleviates the swelling instantly and stimulates blood circulation thereby bringing instant relief in the numbness and pain. Grind some mustard seeds to a fine powder. Fill a bucket with some hot water and add four teaspoons of the mustard powder and four teaspoons of salt to it. Soak your feet in this solution till the water loses heat. You can use this soak two or three times daily.



## Lemon Juice

Lemons are rich in vitamin C which has powerful antioxidant and anti-inflammatory properties. It is also rich in other valuable nutrients which provide vital strength to the body and keep it free from all sorts of infections and diseases. Squeeze the juice of one lemon into a glass of water. Add two teaspoons of honey and a small pinch of kala namak. Drink this mixture two or three times daily.

## Cinnamon Oil

Mix some cinnamon oil and olive oil and massage your feet and ankles with it thoroughly. Cinnamon has potent anti-inflammatory and pain relieving properties. It will not only bring down the swelling but will also soothe and calm the strained and overstretched muscles and ligaments. It will also disperse the accumulated fluid and reduce the tenderness.





## **Home Remedies For Quick Teeth Whitening**

Each and everyone of us dream to have sparkling white teeth. They not only enhance the beauty of your smile but also contribute to your magnetic personality. White teeth can increase your face value. A simple smile can show the color of your teeth. Yellow teeth indicates poor oral hygiene and carelessness. It can be really embarrassing when we are out at social gatherings and functions.

Because any other health problem can be hidden or may not be visible, but nothing can be done about teeth. In this case, you might be thinking of rushing to a dentist and getting rid of those yellow stains but wait ! Instead of using and spending on whitening solutions try these simple and easy to use home remedies readily available at your kitchen shelves. Using these will give you a wide and bright smile instantly.

## **Home Remedies For Teeth Whitening**

### **Strawberries**

All of us love those yummy juicy strawberries. The sweet and tasty bright colored fruit can also brighten up your smile. They contain natural teeth whiteners and are a popular home remedy for tooth whitening and bleaching. Strawberries are helpful for teeth in two ways.

Firstly, they have got a natural enzyme called malic acid, which is a key component in many teeth whitening tooth pastes. Secondly, they contain fibre, which help remove bacteria from the mouth and teeth. Rub strawberries to your teeth or make a paste out of it. Let it be for sometime and then you can simply rinse off or brush your teeth.

### **Basil**

Basil is known to protect your bleeding gums and also acts as a teeth whitener. You can either use dried or powdered leaves of basil. Mix the dried or powdered basil with mustard oil/ orange peel for brushing your teeth. Make a paste and use it everyday to brush your teeth.

### **Banana Peels**

Banana has got many essential nutrients for your body. But banana peels are not a waste either? Next time you have banana do not throw away the peel. Instead rub the banana peel on your teeth for 2-3mins. After some 15-20mins brush your teeth with regular toothpaste. You can practice this thrice a week to get instant white teeth.



## **Fruits**

Fruits rich in Vitamin C can help whiten your teeth. Fruits like lemon, orange, strawberry, tomatoes can be applied on the teeth. Cut any of them into pieces and rub on the teeth for 1-2mins. Keep it for sometime and later rinse it. This will cleanse and whiten your teeth.

## **Baking Soda**

Baking soda has been used for bleaching and whitening for centuries even before the invention of toothpaste. It's really simple to prepare and use. All you need to do is prepare a paste by adding some water and a pinch of salt to baking soda.

Use this to brush your teeth normally and then rinse out your mouth well removing all the baking soda. A recent study done reveals baking soda as the strongest and the safest teeth whitener. Many toothpastes available in the market contain baking soda, in case you does not sprinkle some over your tooth paste and then use it.

## **Go Back To The Basics**

All of these above given remedies are good but not effective until you take care of the basics. Rinse with water after eating. This will remove any leftover food particle between your teeth which in turn will prevent stain and decay.

We have all heard prevention is better than cure. Preventing your tooth from discoloration is much easier than curing it. Brushing and flossing play the most important roles. Hence, they must be a part of your habits.



## **Home Remedies For Thyroiditis**

Thyroiditis occurs when the thyroid gland becomes inflamed. There are a number of causes for the inflammation but the most prominent ones are autoimmune etiology and infection. Thyroiditis can be classified into five categories. Hashimoto thyroiditis is caused by an autoimmune disorder. It usually affects young and middle aged women and causes hypothyroidism. In this condition, the thyroid glands are unable to produce sufficient amounts of thyroid hormones which help with the metabolic functions of the body.

Subacute thyroiditis is caused by viral infection of the upper respiratory tract. The thyroid gland becomes enlarged, tender and painful. Painless thyroiditis is also caused by the dysfunction of the immune system and as the name suggests, there is no pain or tenderness. Suppurative thyroiditis is quite rare and it is caused by microbial infections which affect the thyroid gland and cause fever, neck pain and tenderness in the gland. Riedel thyroiditis also known as fibrous thyroiditis is a manifestation of systemic fibrotic process. It can cause dyspnea, dysphagia, hoarseness and a sensation of choking.

## **Best Remedies For Thyroiditis**

### **Pranayam**

Pranayam is the best way to restore the function of the thyroid gland and keep it in optimum health and function. Sit on a mat in a cross legged position with your hands resting on your knees, palms facing upwards.

Take a deep breath, force your abdomen out and let your lungs expand. Exhale the air out forcefully and pull in your stomach muscles. Repeat this process for fifteen minutes. This pranayam will also remove all the toxins from your body.

### **Walnuts**

Walnuts are full of vital nutrients that keep the body in excellent health. They are particularly rich in iodine and magnesium both of which are very crucial for the proper functioning of the thyroid gland. The thyroid gland needs iodine to produce the thyroid hormones. Eat a handful of walnuts every morning.

### **Kelp**

Kelp is a kind of seaweed that belongs to the algae family. This salty seaweed is full of iodine and also has other nourishing properties which stimulate the thyroid gland and help it to produce the thyroid hormones in the required amounts that is, neither too much nor too little and keep it in excellent



function. You can eat kelp with salads or you can garnish and flavor your soups with it.

### **Coconut Oil**

Coconut oil has innumerable health benefits. It is packed with nutrients and is rich in lauric acid which helps with the metabolic function of the body thereby improving the function of the thyroid gland. Take a glass of hot milk and add two teaspoons of coconut oil to it and drink it every morning on an empty stomach. Regular use will soon improve the functionality of the thyroid gland.

### **Fish Oil**

The omega 3 fatty acids found in fish oil are very helpful in curing thyroiditis. These fatty acids have an antioxidant action and prevent the oxidation of low density lipoprotein and maintain the cholesterol levels in the blood.

Take two capsules of fish oil twice daily. You should also avoid eating fatty and oily foods and include more of fresh fruits and vegetables in your daily diet.



## Home Remedies For Tiredness

Tiredness and fatigue are common symptoms from which everyone suffers from time to time due to overwork, strenuous exercise, sleepless nights, stress and anxieties. But persistent tiredness can be due to some recent illness, some underlying disease, unhealthy lifestyle, improper diet, lack of minerals and vitamins, pregnancy and anemia. An obese person also feels tired easily. They have to work harder to accomplish everyday chores. People having thyroid problems, or suffering from heart disease also feel tired and exhausted all the time.

Chronic tiredness can become a nasty and vicious circle. A person who feels tired all the time refrains from any physical activity leads himself/herself to physical unfitness. The muscles become stiff and the body loses its agility. Also the blood circulation becomes sluggish as a result of which many functions of the body become disordered.

## Home Remedies For Tiredness

### Almonds

Almonds are very nourishing and contain lots of valuable nutrients that strengthen and invigorate the body and keep all its functions in good order. To get maximum benefit of the nutrients, you must soak fifteen almonds in some water overnight.

In the morning, peel them and grind them to a fine paste in a mixer grinder. Mix the paste into a glass of hot milk and drink this tonic every morning.

### Amla

Amla not only heals and cures innumerable diseases and disorders but it also provides uncommon strength to the body. It nourishes the brain, strengthens the heart and liver and fortifies the lungs.

It also enhances food absorption and enables the intestines to extract the maximum amounts of nutrients from the food that we eat. Grate two amlas and mix it with two teaspoons of honey. Consume this mixture every morning.

### Coconut Water

Coconut water provides instant energy to a tired, ill and fatigued body. It invigorates the mind as well as the body and improves the function of all the organs in the body. Coconut water is rich in minerals in vitamins and supplies the body with more than adequate amounts of them thus eliminating any deficiency. Drink tender coconut water twice daily.



## **Milk**

Milk is a wholesome food and contains all the constituents required by the body. It is full of healthy proteins which are crucial for providing energy to the body cells and for repairing their wear and tear and for keeping them in optimum function.

Drink one glass of milk in the morning and one glass at night before going to bed. Milk will also remove stress and anxiety and will help you to sleep soundly.

## **Dates**

Dates are packed with healthy benefits. They are extremely high in vitamins, minerals, proteins and dietary fiber. They are low in fats and contain natural sugars like glucose, fructose and sucrose which provide instant energy to the body and restore its vitality.

Put to boil one glass of milk and add six to seven dates to it. Simmer on a low heat for five minutes then turn off the heat. Cool the mixture then consume it once daily. Dates will also improve your digestion and prevent constipation.



## Home Remedies For Tonsils

Tonsils are meant to be the infection fighting organs, but they themselves can fall a prey to the infections which they are supposed to fight and remove out of the body. Hence, they are an important part of our immune system. They try to block the entry of bacteria and viruses in the body. Shaped like an almond, their location is at the back of the mouth, one on each side.

When they themselves get infected with the same germs that they are trying to stop, we should start the home remedies immediately and arrest their aggravation in the beginning, lest the situation may aggravate.

### Causes of Tonsillitis

Bacterial infection or viral infection are the causes of tonsillitis. The bacteria that cause strep throat or sore throat may attack the tonsils and infect them. Sometimes allergens can cause tonsillitis. Cold foods like ice creams and icy cold drinks do not suit some and are the underlying reasons for the tonsils in such people. In addition to ice very sour and spicy foods can cause tonsillitis.

Tonsillitis may run in the families. Such people are aware of all the causes of tonsillitis. Sudden drop in the temperature can trigger tonsillitis in such people, because it brings down the immunity level.

### Symptoms of Tonsillitis

The tonsils get swollen and become painful. The major effect is on swallowing, it becomes difficult to swallow, at times swallowing even your saliva becomes a traumatic experience. The throat pain can shoot to the ears as well. If the infection is severe it can cause fever. At times one can see change in voice, and there can be a temporary loss of voice. Throat abscess is common in case of acute tonsillitis. Upon peeping inside the throat one can see white pus filled patches, which are the abscess filled lesions. This condition is extremely painful.

## Home Remedies For Tonsils

### Warm Saline Gargles

Nothing works as well as the warm saline gargles for tonsils. However, either reduce the amount of salt or omit altogether if the infection is acute. In that case the salt will irritate the inflamed tonsils and aggravate the condition. Add one fourth tsp of salt to glass full of hot water. If you follow the proper method of gargling, it will help you immensely.

The temperature of gargling water should be hot enough that you can tolerate it. If it is less than that



warm it a little more. Take a sip and raise your head as if you are looking at the ceiling and gargle. Spit it out and use the remaining glass of water. Do these gargles 8 to 10 times a day.

## **Chamomile Tea**

Chamomile tea is beneficial for tonsils. To a cup of chamomile tea add juice of half a lime and a tbsp of honey. Chamomile tea has analgesic properties, it can bring down fevers and headaches. Hence it is a popular home remedy. Chamomile tea can be bought as tea bags or can be picked from your garden if you are growing chamomile flowers. Drink this tea thrice a day for best results.

## **Use Cold Compress**

Cold compress often helps in reducing the inflammation of tonsils. Hence there is reduction in inflammation, pain also subsides. To make such compress take a glass full of ice, put it in a waterproof bag. Now keep it on the throat for 15 minutes or so. You will see that the symptoms of tonsils are reducing.

## **Turmeric**

Turmeric is a powerful natural antiseptic powder taken from the dried roots of a plant. Ask for pure and fresh turmeric powder. Its chemical that contains medicinal properties is called curcumin. Add some turmeric powder to a cup of milk and bring it to a boil, keep this on reduced flame for 5 minutes. You can add some sweetener like honey or sugar and drink this every night before retiring to bed.

## **Fresh Lime**

A drink made using lime juice, honey and salt is fantastic for your tonsils. Lime juice gives you vitamin C which becomes essential to heal the inflamed tonsils. Honey is known for its soothing effect on throat. Honey makes a coating on the throat which decreases irritation and this very property starts the healing process of tonsils.

## **Fenugreek Gargles**

Treat yourself with gargles made with fenugreek seeds. Soak 2 tbsp of fenugreek seeds overnight. Then let them come to a boil for 5 minutes. Your healing gargles are ready. This much quantity is enough to last you a day. You can make it to 2 glasses and gargle at least 5 times a day. Fenugreek is known to reduce swelling and pain.

## **Lifestyle for Tonsillitis**





If you know that you are prone to getting tonsillitis, keep clear of all that inflame your tonsils. Keep off the places and conditions where there are allergens, that can trigger tonsillitis. Gargling often with warm water will help with tonsils. You should make it a point to gargle after every meal. Even gargling with an antiseptic mouthwash can help you.

A humidifier for your room may be a good idea, because it will keep your room moist. A dry throat gets irritated and further increases the inflammation.

## **Diet for Tonsillitis**

The ideal diet for tonsils is soft and liquidized one. This type of diet is easy to swallow and easy to digest. In order to improve the immune system it is recommended that you consume diet which gives you vitamin C. There are fruits like orange which are rich in vitamin C. To neutralize the sour taste which can make your throat sore, you can add some sugar so that it tastes sweet instead of sour.

Eat a balanced diet so that your immune system gets a boost. Lots of liquids should be a part of your diet in order to keep your tonsils moist. Moist tonsils get less irritated and thus heal faster. Do not be under the impression that carbonated fizzy drinks and caffeinated beverages will hydrate your body.

## **Home Remedies For Tooth Infection**

Tooth infection causes abscesses at the root of the tooth which deteriorates the gums and decays the tooth. It is an infection of the mouth, jaw or throat that begins as a tooth infection or cavity and mainly results from improper dental care and hygiene. Sometimes it also results from autoimmune disorders. Bacteria from the cavity extend to the gums. They can also extend to the cheeks, tongue, throat and facial bones making them swell unnaturally and become very painful.

These bacteria cause the tissues in the gums to swell and become very painful due to the pressure in the abscesses and pus begins to accumulate causing nausea, fever and chills. When the infection is on the surface of the gums it is known as gingival abscess and when it penetrates deeper into the gums it is known as periodontal abscess or infection of the pulp.

## **Home Remedies For Tooth Infection**

### **Garlic**

Everyone is aware of the excellent antibiotic and anti-inflammatory properties of garlic. Though it is very strong and unpalatable when consumed raw, nothing can beat its efficacy in clearing away the infection and restoring the gums and teeth to their natural health. Peel a fat clove of garlic and crush it slowly between the teeth. Chew it gradually before swallowing the whole. Chew three or four cloves of



garlic every day. Within days, the infection together with the pain and swelling will go away.

### Cloves

Cloves are wonderful healers and pain relievers and are very effective in the treatment of infections of the gums and teeth. They are superior to over the counter pain killers and provide immediate relief. You can place a clove in the affected area and chew it slowly or you can apply clove oil to the infected tooth and gums. Regular use, several times a day will eliminate the pain and infection.

### Vinegar

Vinegar draws out the infection and kills the harmful bacteria. Take two teaspoons of vinegar and mix it in a glass of warm water. Add half a teaspoon of salt and a pinch of baking soda. Rinse your mouth several times a day with this oral rinse. Salt is an excellent antiseptic.

### Black Pepper

Grind some black pepper to a fine powder. Take one teaspoon of this powder and mix it with half a teaspoon of salt. Rub your teeth and gums with this mixture thoroughly. Repeat three times a day. Pepper inhibits the bacteria from penetrating the gums and other areas in the mouth and fights tooth decay. It reduces the swelling and pain and stops gums from bleeding.

### Alum

Grind some alum into a fine powder. Take one teaspoon of alum and add half a teaspoon of salt to it. Clean your teeth with this powder every morning and every night before going to bed. Alum has antibacterial properties which inhibit bacterial growth and pus formation and promote healing. If your gums are bleeding, alum will put a stop to it most efficaciously and heal your gums quickly.



## Home Remedies For Toothache

An ache in the tooth can make us whine and pine in pain! For those of us who have gone through toothache know that it is no laughing matter. The pain that is associated with a tooth can radiate to the gums and the jaws as well. Most of the pain related to the tooth is due to some sort of degeneration of the teeth and the surrounding areas. Some of the common causes that trigger a tooth ache are cavities, cracks in the teeth, diseases related to the gums, decaying of tooth etc. As toothache cannot be predicted and can crop up any time of the day, it is a good idea to be ready with some home remedies rather than wake your family physician up at the middle of the night.

Home remedies for toothache are a great relief for women who are pregnant and cannot or do not want to resort to antibiotic medications. Toothache during pregnancy must be given special care as the bacteria in the infected teeth can enter the mother's blood stream can cause harm to the baby. For others who suffer from mild to moderate toothache, home remedies are very beneficial.

## **Home Remedies For Toothache**

### Garlic

Thanks to the antibacterial properties of garlic, all sorts of toothache find relief by application of garlic. Take a clove of garlic and crush it lightly. Place some rock salt along with it and keep it on the affected tooth. This is all that is required to relieve the pain. You never know, it can even cure mild toothache to perfection. The compound allicin that is present in garlic is the one that offers this magic cure. Allicin offers a mild antibiotic effect and is antibacterial in nature. However, it may be a temporary relief, probably to take you through the night. Make sure you plan a visit to the dentist if the problem persists.

### Onion

Just like garlic, onion too has antibacterial properties. All you need to do every day is to chew raw onion for a few minutes. This will eradicate almost all the bacteria in the mouth and prevent a host of disorders associated with teeth. For toothache, crush few slices of onion and place it on the affected tooth. To keep away from toothache, make it a point to chew a few slices of onion everyday or add them to your diet as salads.

### Lime

The vitamin C present in lime helps in fighting against infections generally. Vitamin C is also a great ingredient when it comes to teeth and bone health. Vitamin C prevents decaying of the teeth, dental caries and other gum diseases.



For relief from toothache, take a lime and bite on it. Keep it in that position. You may also chew on the lime along with the peel. Lime has higher concentrations of vitamin C and lower acidity levels as compared to lemons and hence a better remedy than lemon for toothaches.

### Asafoetida

Asafoetida is potent substance for relieving toothache. You can mix it with a little lemon juice for greater effect. Take a cotton swab and soak it with this mixture. Apply on the affected tooth and how relieved you would be in an instant! If you want to use asafoetida alone without lemon, take some clarified butter and fry a pinch of asafoetida in it. Apply this on the affected tooth and ensure that you are ready for that much awaited meeting within minutes.

### Wheat Grass

Just chewing wheat grass for a few minutes is great for banishing all the toxins trapped in between the teeth and the gums and also preventing bacterial growth. Wheatgrass like garlic is capable of exerting an antibiotic effect on the teeth and hence can remove infections and kill germs.

If you are prone to toothache and gum diseases use the juice of wheatgrass as a mouth wash. Rinse your mouth after every meal using this solution and also before you go to bed. This will prevent decaying of the teeth and also resultant aches and pains.

### Cloves

Cloves had been used for generations for curing tooth ache. It instantly imparts a soothing feel inside the mouth and prevents the sensation of pain. Cloves are antiseptic by nature and hence placing a clove on the tooth will not just kill the toothache but the germs that have caused it as well. You may use clove or clove oil for application on the tooth that pains.

### Pepper Treatment

When you get toothache that goes beyond the definition of pain, rush to the kitchen and make a mixture of pepper and common salt and without wasting any time apply on the tooth that gives you agonising pain. Wait for a few seconds and wonder at this marvellous phenomenon that has made your toothache disappear as fast as it appeared.

Pepper with salt is termed as a great dentifrice and its frequent usage can prevent halitosis, pain and bleeding in gums, cavities and of course toothache. Tooth sensitivity is a common problem that we encounter today. Pepper is good for curing tooth sensitivity.



## **Bay Berry**

The bark of bay berry can be mixed with vinegar in order to form a paste can act as a strengthening paste for the gums and a pain relieving paste for the tooth. The coves of bayberry are a common ingredient in all tooth remedies and also toothpastes due to its potency in relieving toothache. The compound eugenol that is present in bayberry cloves is a good anaesthetic and also has antiseptic properties. Therefore they also remove germs that are causing the toothache in the first place and the infection caused by these germs.

Along with these home remedies, one must make sure that the teeth are kept clean at all times by brushing twice a day and limiting the intake of sugar in the diet, especially before heading off to sleep.



## Home Remedies For Tuberculosis

Tuberculosis is an infectious disease caused by various strains of the bacteria mycobacterium tuberculosis. Though it generally affects the lungs, occasions of tuberculosis affecting the bone, glands, intestine are not rare. It generally spreads through the air and is carried by the droplets of cough or sneeze from an infected patient.

Modern medicine had once been able to put a leash on tuberculosis, but now antibiotic resistant varieties of the bacteria have emerged. These new varieties of tuberculosis are posing a threat to mankind. Symptoms of tuberculosis are mostly chest pain, prolonged cough which may be occasionally productive of blood along with cough etc.

Tuberculosis is curable through multidrug therapy, if detected early. If you or any of your kith and kin is detected with tuberculosis you should consult the physician and take appropriate drugs. However, coupled with medicines you can choose some other remedies. There are some home remedies which can abate the drugs to cure tuberculosis. Let us explore some of the home remedies for tuberculosis.

## Home Remedies For Tuberculosis

### Milk

Milk is so far the best home remedy for tuberculosis. It has been found that if you are suffering from tuberculosis the amount of calcium in your blood comes down severely. If you can boost the amount of calcium this can have a boosting effect on the immune system. This can help you to fight the infection better because ultimately it is the immune system that will defeat the bacteria. This can be done by taking a lot of milk because this is the biggest source of calcium. For benefit you need to take at least one liter of milk every day. This itself is a strong medicine for tuberculosis.

### Custard Apple

It has been found that custard apple can help to cure tuberculosis to a large extent. It has been seen that custard apple can rejuvenate the drugs that are delivered for curing tuberculosis. Naturally in conjunction with multi drug therapy custard apple can play a vital role in remission of tuberculosis.

For benefit simmer the pulp of two custard apples along with some seedless raisins in low flame. Continue to simmer until about two third of the water has boiled out. Now take it off, strain and mix two teaspoons of candy to it. Do prepare and take this solution daily, and you will feel a lot relieved from symptoms of tuberculosis.

### Cardamom



This smelly spice is a good antibiotic and has been found to be quite effective in treating tuberculosis. You can add cardamom to your regular cup of tea and take at least two cups of tea. This will alleviate tuberculosis symptoms.

### **Green Tea**

Green tea is a very good antioxidant, and it has been seen in studies that it can combat tuberculosis efficiently. Green tea can take control over the growth of tuberculosis. This helps the immune system of the infected person's body to fight tuberculosis better. So take two cups of green tea every day to put an end to tuberculosis.

### **Gooseberry And Honey**

It has been observed that Indian gooseberry is a wonderful remedy for tuberculosis. It is full of vitamin C which abates the immune system to fight the infection. It also promotes vitality. Taking gooseberry with some honey can be a high-octane remedy for tuberculosis. Honey is also antibiotic and anti-inflammatory in nature. So a combination of these two is a very good remedy for tuberculosis. Take a daily dose of one tablespoon of fresh Indian gooseberry juice and honey. This will be very helpful in treating tuberculosis.

### **Pineapple**

This is a time-tested remedy for tuberculosis. It has been observed that pineapple can aid in the recovery of tuberculosis patients. It also dissolves the mucus. To derive the wonderful qualities of pineapple take one glass of pineapple juice every day. Coupled with drugs you will be slowly cured of the disease.

### **Exercise**

Exercise can be good for your body especially when you are on the path to recovery from tuberculosis. However, you should take ample amount of nutritious food and have proper rest too. Exercise can begin with walking. It has been seen that walking briskly for half an hour daily can speed up the recovery from tuberculosis. So make it a habit to take a brisk walk daily. But before doing that you should consult the physician.

### **Banana**

This ordinary fruit may be an extraordinary remedy for tuberculosis. Traditionally, it has been observed that banana can cure tuberculosis even in its advanced stages. So start taking at least two bananas daily along with all the other home remedies. You will set on the path to full recovery from tuberculosis.



## **Home Remedies For Urinary Tract Infection**

Urinary tract infection (UTI) is defined as the infection which affects the regions connected with the urinary tract. Bladder infections in the lower portions of the tract are termed as simple cystitis while the infections which affect the kidney are called pyelonephritis. Patients suffering from UTI complain of pain and the urge for frequent urination along with mild fever.

These signs and symptoms of urinary tract infection should be dealt with seriously and prompt measures and actions taken at home can lead to good results and fast recovery in most patients.

## **Home Remedies For Urinary Tract Infection**

### **Home Remedy with Water**

Drinking plenty of water and fluids helps in curing urinary tract infection naturally. It cleanses the body by diluting and flushing out unnecessary substances of urinary tract. Barley water, tender coconut water and butter milk are also good solutions for this condition. Par boiled barley is the best diuretic which neutralizes the acid levels in the bladder relieving severe burning.

### **Use of Baking Soda**

Intake of baking soda neutralizes the acidity in the urine. One teaspoon of baking soda with a glass of water eases the burning sensation and also prevents the syndrome.

### **Intake of Juices**

Juices are excellent sources of antioxidants and they kill the unfamiliar bacteria in our body. Blue berry juice has the property to restrict the growth of bacteria causing infection within the urinary tract. Consumption of juice of blue berry fruit or just handful of shredded berries in the morning breakfast works effectively in curing the infection.

Cranberry juice also prohibits the growth of bacteria which sticks to the cells of urinary tract. It can be consumed directly or mixed with apple juice to improve the taste. Juices of lemon, sugarcane, banana stem and radish also work wonders if taken regularly.

### **Eating Fruits**

Fruits which provide vitamin C act as a fighter against urinary tract infection. Vitamin C helps in acidifying the bladder and prevents the formation of bacteria. Banana, guava, melon, pineapple,





raspberry, tomato, papaya and kiwifruit are rich natural sources of vitamin C. Salads prepared with some of these fruits flavored with a dash of olive oil and lemon juice taste good and can be eaten on a regular basis.

## **Aromatherapy**

Mix equal parts of sandalwood oil, bergamot oil, tea tree oil, frankincense and juniper oil. This oil is to be rubbed over the bladder area for three to four days. It is used from time to time to prevent further infection. This aromatherapy treatment is considered to be excellent home remedy for reducing the severity of symptoms of urinary tract infection.

## **Common Home Treatments with Leaves and Petals**

Blue brinjal leaves are very commonly used to cure urinary tract infection. These leaves are boiled in water for some time and then cooled and strained. This decoction is consumed one ounce twice daily for effective results. Decoction of boiled lotus petals and pink rose petals is equally good in treating infection.

## **Role of some Unusual Herbs**

Some herbs such as goldenseal and uva ursi work as an antimicrobial and antiseptic agent. They are diuretic and increase renal circulation. They also stimulate tubular function. Herbs like shilajit and punarnava are well known for their diuretic properties.

Gallium aparine, usnea lichen, buchu, Echinacea, Oregon grape root and horsetail are some of the herbs used for their astringent and tissue healing properties. These herbs are available in capsule or tea form. Grapeseed extract has antifungal and antiviral characteristics. Five to ten grams of liquid extract is recommended in treating severe infections.

## **Yummiest Remedy**

A salad with granny smith apples and some white vinegar and salt works as a magical cure to treat urinary tract infection immediately. Use vinegar as a dip for apple slices and drink left over vinegar.

## **Hot Compression**

Use of heating pad on the lower abdominal area provides relief to the pain. Hot water bag can be alternatively used. It not only decreases inflammation but also prevents the further spread of infection. Keep the heat setting low, and limit it to 15 minutes at a time to avoid burns. Most fungus and bacteria cannot sustain hot temperatures.



## **Avoid Artificial Sweetener**

All artificial sweeteners contain aspartame which is used by diabetic patients. It aggravates the bladder infection and causes irritability in patients.

## **Change in Food Habits**

Cooking in coconut oil helps in killing infection causing bacteria and fungus. A diet consists of processed cheese, chocolates and dairy products and bakery products should be avoided. Carbonated drinks like beer, soda and fizzy drinks should be restricted. Spicy food, caffeine and cigarettes are also harmful for the patients suffering from urinary tract infection as they cause burning sensation in urinary passage.

## **Dress Comfortably**

Wearing loose fitting cotton clothes are always recommended. Tight undergarments and stiff clothing give more room to infection. Women should wear cotton underwear or cotton-lined panty hose to help stay fresher and dryer. Men should prefer boxer shorts.

## **Some More Tips**

Do not hold the urge to urinate. No matter wherever or whenever, use toilets as holding urine for longer times will only add up to formation of more bacteria and flare up the infection. Use clean and hygienic wash rooms. After urinating and bowel movement, wipe from front to back to keep bacteria away from urethra.

Patients with urinary tract infection should clean up before and after having sexual intercourse. Use a condom instead of a diaphragm as the latter irritates the bladder. Avoid using lubricants and spermicides while having sex. Do not use deodorant sprays or other feminine products such as douches and powders in the genital areas to avoid irritation in urethra.

Always prefer showers over bathtubs as soaking in tubs provide a breeding ground for the bacteria. Physical alertness and active daily routine will keep immune system in good shape.

As recurrences in urinary tract infections are very common in women, it is important to take proper care and treatment. Any signs of deterioration or growth in infection should be consulted with a medical expert at the earliest.



## **Home Remedies For Vaginal Discharge**

Vaginal discharge is an important function of the female reproductive system. The fluid secreted by the glands in the vagina and cervix carries away dead cells, bacteria and other impurities. This discharge keeps the vagina clean and free from infections. But when the discharge becomes thick, yellowish white in color and carries a foul odor, then it is not the normal helpful discharge but a discharge caused by infection.

A change in the balance of bacteria, present in the vagina results in infection and this causes a change in the texture, color and smell of the discharge. The balance can be disturbed due to number of reasons like sexually transmitted diseases, bacterial vaginosis, cervical cancer, diabetes unprotected and indiscriminate sex with more than one partner and certain medicines like birth control pills, steroids and antibiotics. The vulva becomes inflamed and there is intense itching in and around the vagina. There is pain and burning during urination and sexual intercourse too becomes painful.

## **Effective Remedies For Vaginal Discharge**

### **Neem Water**

Boil a pan of water and add a cluster of neem leaves to it. Boil for three minutes then turn off the heat. When the water cools down strain it and douche your vagina with it three or four times daily. Neem will eliminate the harmful bacteria quickly without destroying the healthy bacteria and will restore the bacterial balance in the vagina. It will also alleviate the swelling and itching and bring relief in the pain.

### **Apple Cider Vinegar**

Apple cider vinegar is another natural remedy that helps to destroy the harmful bacteria and fungi without harming the healthy bacteria in the body. Take one tablespoon of apple cider vinegar and mix it with some lukewarm water.

Wash your vagina with this solution three or four times daily. Apple cider vinegar will restore the pH balance on the skin in and around the vagina and will remove the infection swiftly. It will also reduce the itching and burning.

### **Keep Good Hygiene**

It is important to keep the vagina clean at all times especially after having sex. Clean your vagina with cold water frequently especially after urinating. This will flush away any harmful bacteria and fungus. You must wash your vagina with a very mild soap and warm water every time after having sex. This will wash away any microbes and eliminate the chances of infection from your partner.



## **Coriander Leaves**

Coriander leaves are very fragrant and possess innumerable medicinal values. They are rich in key minerals and vitamins and have potent antibacterial, antifungal anti-inflammatory and antioxidant properties. Soak a small bunch of coriander leaves in a glass of water overnight. In the morning strain the water and drink it on an empty stomach. Also add lots of chopped coriander leaves to all your cooked dishes.

## **Guava Leaves**

Guava leaves have a host of medicinal values. They are full of antioxidant, anti-inflammatory and antibacterial properties which combat all sorts of infections quickly and effectively. Boil four crushed guava leaves in a glass of water for three or four minutes. Filter the decoction and drink it three times daily.

## **Recommended Natural & Herbal Products**

- [Ashoka For Vaginal Discharge](#)
- [Retone \(Menstrual Regulator, Amenorrhoea\)](#)



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