

# HOME REMEDIES FOR COMMON AILMENTS IN UNANI SYSTEM OF MEDICINE

## FEVER



Take juice/ decoction of Gilo stem (*Tinospora cordifolia*) or of Tulsi leaves (*Ocimum sanctum*) 30ml 3 times a day till fever subsides.

## HEADACHE



Powder  $\frac{1}{2}$  teaspoon of Kishneez khusk (*dhaniya*, *Coriandrum sativum*) and  $\frac{1}{2}$  teaspoon of Zeera (*Cuminum cyminum*) mix with honey, 3 times a day

Powder dry Ginger mix with water and apply over forehead and temples.

## COLD



Take  $\frac{1}{2}$  tsp of Haldi powder and  $\frac{1}{2}$  tsp of pepper powder with milk add a 1 tsp honey, 3times a day, make solution of Thymol, Menthol and Camphor equal quantity, add two to three drops to boiling water take inhalation.

## COUGH



Make decoction of tender leaves of Adoosa (*Adhatoda vasika*) about  $\frac{1}{2}$  cup add 1tsp of fresh ginger juice and a tsp of honey take 3 times for 3-5 days.

## HEART BURN / ACIDITY



Powder Zeera, Dhaniya, Sonth (dry ginger), Soonf, Pudina dry and Munaaqa (Raisins) equal quantity, boil 1teaspoon of this mix powder in a cup of water, take 3 times after food.

## DIARRHOEA



Crush fresh fruit rind to extract juice, take ½ tsp 3-4 times in a day.

Roast Methi seeds powder take 1tsp with butter milk or powder Jaiphal (Nutmeg) take 1 tsp with buttermilk.

## INDIGESTION



Take 1 tsp of fresh ginger juice and 1 tsp of lemon juice add a pinch of Black salt and Zeera ½ tsp powder take 3 times after food.

## CONSTIPATION



Cut one medium size onion in pieces, fry in 1tsp of ghee till it becomes soft eat the whole quantity with a glass of hot water at bed time for 3-5 days.

Take plenty of boiled Palak, Sahajna (drum stick leaves, *Moringa oleifera* ),and Kamooni greens (*Berg e Makoo, Solanum nigrum*)

## CUTS AND WOUNDS



Crush the Lajwanti plant (Touch me not, Mimosa pudica) apply over the wound, Cut Gheekawar leaf (Aloe vera) into two lengthwise sprinkle turmeric powder on it place on the wound and bandage.

## PAIN IN JOINTS AND LEGS



Prepare oil by boiling 100 gms of Neem leaves and Pudina leaves in castor oil add 1 tsp of salt, boil on low flame for ½ hr, apply on affected area and massage till oil is absorbed 2 times in a day till pain is relieved.

## DIABETES



Powder Methi (Fenugreek), Kalonji (Nigella sativa) and Tuhme Kasni (Chicory seeds, Cichorium intybus) equal quantity, take  $\frac{1}{2}$  tsp daily before food 3 times. Eat plenty of vegetables like Guar beans, Knolkhol, Karela, Bhindi.

## BURNING MICTURITION



Make a juice of cucumber about 4" in size with milk 200 ml add 3-4 Ilaichi (Cardamoms) and sugar for taste take 3 times in a day.

Today's girl is tomorrow's mother. It is important to prepare them for the future by counseling them on family life, proper nutrition, personal hygiene, immunization and reproductive health.

**THE SUBJECT RELATED TO SAFE, HEALTHY AND HAPPY MOTHERHOOD CAN BE DESCRIBED UNDER THE FOLLOWING HEADINGS:-**

Pre menarche period that is before onset of menstruation: in a normal healthy girl some physical changes begin to develop by the age of eight to twelve years. the girl pushing back her childhood steps forward towards youth some psychological changes are also seen, she becomes little more shy even sometimes withdrawn, during this period it is the duty of mother or some family member like elder sister or grand mother to whom ever she is close with or sometimes even the teacher to take notice of the changes and counsel her, her diet should also be taken care of.

At Puberty/ Menarche:

Onset of menstruation is an indication that the girl has stepped into the first ladder of youth. She should be assured and explained by mother or others that this is a normal physiological process which occurs in the life of every healthy normal girl, diet, proper hygiene and sex education in a simple, clear and intelligible language through charts and audio visual aids should be explained. Adolescents are parents of tomorrow. It is important to prepare them for the future by counseling them on family life and reproductive health.

**SOME COMMON GYNAECOLOGICAL PROBLEMS WHICH REQUIRE MEDICAL CARE ARE:**

**Painful menstruation /Dysmenorrhea: The plants used are:**



Argemone mexicana (Satyanasi), crush two leaves to extract juice in a cup of raw milk, add a pinch of soda bicarbonate and to be taken empty stomach in morning for three days

Aloe vera (Gheekavar) – crush leaf pulp to extract juice and take 6tsp of juice thrice daily for 7-10 days with honey.

Saraca indica (Ashoka bark ) if fresh crush the bark to extract juice take 10 ml with honey thrice daily, if dry powder the bark boil it take the decoction 15- 20ml

## **IRREGULAR AND SCANTY MENSTRUATION**



Aloe vera boil the pulp till it is thick , rub on a stone or grind it in blender,

Take 1 tsp twice start seven days before the menstruation.

Hibiscus rosanensis flowers grind 4 fresh flowers take the paste on empty stomach for seven days.

Paste of three gms each of equal quantity of black til (sesame), sonth gheekawar and jaggery with warm water twice daily or decoction of above in dose of 10-20 ml twice daily



## EXCESSIVE MENSTRUATION



*Adhatoda vasaka* (Adoosa) crush leaves to extract juice take 6 tsp of fresh juice 3 times a day with honey

*Mimosa pudica* (Lajwanti) crush leaves to extract juice take 6 tsp of fresh juice 3 times a day with honey

*Cynodon dactylon* (Darbe/ dhruva grass) crush leaves to extract juice take 6 tsp of fresh juice 3 times a day with honey

*Punica granatum* (Anar ki chaal/ bark) if fresh crush the bark to extract juice take 10 ml with honey thrice daily, if dry powder the bark boil it take the decoction 15- 20ml

*Asparagus racemosus* ( Satawar) crush the tubers to extract juice take 4 tsp of fresh juice with sugar three times in a day

## WHITE DISCHARGE/ LEUCORRHEA



Aloe vera – crush leaf pulp to extract juice and take 6tsp of juice thrice daily for 7-10 days with honey

Hibiscus rosanensis white flowers (Gudhal) grind 4 fresh flowers take the paste on empty stomach for seven days.

Asparagus racemosus (Sataver) crush the tubers to extract juice take 4 tsp of fresh juice with sugar three times in a day

Tamarindus indicus (Imli) seeds roast the seeds powder take 3gms with 1tsp butter twice daily

Saraca indica (Ashoka bark) if fresh crush the bark to extract juice take 10 ml with honey thrice daily, if dry powder the bark boil it take the decoction 15- 20ml

## MARRIAGE

Early marriage should be discouraged, marriage advised mostly after completion of education so that she is matured physical and mentally to take care of the family and the child



### During Pregnancy

Diet: the pregnant woman should take nutritious, light, easily digestible food with lots of green, fresh vegetables, fruits, milk, and plenty of water.

#### Morning sickness:

Punica granatum (Sharbat e Anar) in dryness of throat, Anar is the best to quench thirst

Lemon with honey

Eleterria cardamom (Ilaichi) chewing few seeds or powder with honey.

Murabba e Amla one in the morning daily

## LOSS OF APPETITE



Powder of *Foeniculum vulgare* (Saunf), *Coriandrum sativum* (Dhaniya), *Cuminum cyminum* (Zeera) and *Piper nigrum* (pepper) with equal amount of sugar take 1tsp of powder 3 times 1 hr before food

A small piece of *Zingiber officinale* (ginger) dipped in lemon juice should be chewed slowly with little black salt

Equal quantity of ginger juice, pudina juice, lemon, anar juice is boiled with three times sugar to make a thick syrup, when cool add little quantity of jeera, elaichi and pepper and mix well, take 2-4 gms thrice or four times /day.

## BODY ACHE AND FEVERS



*Tinospora cordifolia* (Gilo/ gulvel ) remove bark from stem and crush 8” long stem to make decoction, take 1 cup decoction 3 times / day

*Ocimum sanctum* (tulsi leaves), *Piper nigrum* (pepper) and *Curcuma long* (Haldi) make a decoction with a cup of water and take half cup three times daily.

## BURNING MICTURITION AND UTI



*Vetiveria zizanioides* (Khas/ usheera) powder the roots , boil 10 gms of powder n 100ml water reduce it to half add sugar and take 3-4 times /day

*Nelumbium speciosum* (Gul e Neelofer) take 8-10 fresh flowers boil in 200 ml water filter add sugar make a thick syrup an take 3-4 times / day

*Glycyrrhiza glabra* (Mulathi) 5 gms of powder boiled with 1 cup of milk and taken 3-4 times / day.

## IN OEDEMA AND SCANTY URINATION



*Boerhavia diffusa* (Bishapra/ punarnava) crush 8" long stem with leaves to make decoction, take 1 cup decoction 3 times / day

*Eleteria cardamom* (ilaichi) powder the seeds mix with coconut water or amla juice

*Tribulus terrestris* (ghogru) fruits boiled in water and given in less urine output, retention and swelling

## ABORTIONS



To check abortions

Rhizomes of Neelofar crushed and boiled in milk is recommended.

Asparagus racemosus (Sataver) roots are crushed and boiled with milk is recommended, it helps to stabilize the foetus and aids in healthy growth, it is also given to increase breast milk.

## ANAEMIA



Punica granatum (Anar), Figs (Anjeer), Apple

Boerrhavia diffusa (Biskhavra leaves)

Moringa oleifera (Sahajna/ drumstick leaves).

Powder of dried root of Withania somnifera (Asgandh) with milk as a general tonic this also helps in underweight or lethargic.

Vitis vinifera (Munaqqa) juice is given to pregnant women and mothers in cases of anaemia, constipation and giddiness.



## CONSTIPATION



Green leafy vegetables, fruits like ripe guava, papaya, banana etc should be advised.

Vitis vinifera (Munaqqa) 8-10 boiled with 250 ml of milk is given at bed time.

Powder of Triphala (Terminalia chebula, Terminalia belerica, Embelica officinalis) 5 gm with warm water is given at bed time.

Roghan e Badam shireen (Badam oil) 1 tsp oil with 1 glass of warm milk is given at bed time.

## AFTER DELIVERY



Juice of gheekavar pulp given in small doses to delivered woman will help to increase the flow of blood and aids to clean the uterus and in involution of uterus.

Zingiber officinale (zanjabeel) used with salt or jaggery improves appetite and gives strength and energy to abdominal muscles.

*Curcuma longa* (haldi) paste of haldi with oil or with neem leaves is applied over the body just before bath after delivery this will act as anti toxicant.

Haldi powder with ghee is given after delivery to purify and strengthen uterus.

*Trigonella foenum* (methi) seeds powder with dry coconut, Jaggery and ghee is given to energize, reduce bodyache, and fever after delivery.

## **STRAIE GRAVIDARUM:**

Paste of Sandal, turmeric, olive oil, coconut oil mixed with camphor should be applied

## **TO INCREASE LACTATION**



Decoction of *Asparagus racemosus* (Sataver).

*Withania somnifera* (Asgand) with milk increases milk secretion.

*Cyperus rotundus* (Nagar motha) paste is applied on the breasts

*Foeniculum vulgare* (Badiyan, sonf), *Anethum graveolens* (Shibit), *Cuminum cyminum* (zeera).

## PLANTS USEFUL FOR CHILDREN



Ghutti: Rub the following drugs on a clean flat stone accordingly with mother's milk. Rhizome of turmeric once, Dried ginger twice, Halela siah once, Halela kabuli once, Khajoor dry twice, Jaiphal once and mix with mother's milk and given twice in a day.

Curcuma longa/ Haldi: Newborn child is applied with a paste of haldi and milk, it clears the skin and removes all the remnants of the amniotic fluid

Embelica officinalis / Amla : powder mixed with a little amount of ghee and honey is given to the new born to gain strength.

In stomatitis 5gms of Amla bark is made into paste with breast milk and applied inside mouth.





A paste of Haldi, *Cyperus rotundus* ( Nagar motha) and Neem leaves is applied in skin diseases of children

*Carum carvi* /Ajwain: Seeds and leaves are boiled and used frequently in cold, fever, stomach pain , indigestion, worm infestation and body pain, it also promotes flow of urine. Powder of ajwain is useful in vomiting, stomach pain and dyspepsia of children.

*Myristica fragrans* / Jaiphal : Powder with honey or with Sonth and Jaggery is recommended in childhood diarrhea, indigestion, vomiting, also powder of jaiphal with juice of tender mango leaves with is useful in diarrhea.

*Aegle marmelos* / Bael fruit: Fruit pulp juice with sugar or honey in diarrhea, powder of dried fruit pulp is also useful in diarrhea in children.