

CHAPTER-25

KITCHEN REMEDIES FOR ALL

Dr. NIKITA CHANDEL

Assistant Professor, Department of Ayurveda
Glocal College of Ayurvedic Medical Sciences and Research Centre
Glocal University, Saharanpur, U P, India

DOI: <https://doi.org/10.52458/9788196830069.nsp.2024.eb.ch-25>

Ch.Id:-GU/NSP/EB/GHTAGA/2024/Ch-25

ABSTRACT

The benefits of Ayurvedic remedies have been proven over centuries of use and are as useful today as they were back in the time. Ayurveda offers a number of remedies that can aid in balancing your doshas and contribute towards your overall wellness and healthy. But the key lies in finding the balance with a holistic approach of keeping the mind, body and soul in complete harmony with one another.

Keywords: Kitchen Remedies, Ayurveda, Medicines, Herbs, Plants, Fruits, Vegetables, Flowers

INTRODUCTION

Medicine strategy report by the World Health Organization (WHO) corroborates, "For millions of people, ayurvedic medicines, traditional treatments, and traditional practitioners are the main source of health care, and sometimes the only source of care. This is care that is close to homes, accessible and affordable. While the affordability of this method of treatment might stand out, they are also a great way of coping with the relentless rise of chronic non-communicable diseases." Each plant or herb in ayurveda has a specific quality and can be used to treat multitude of ailments and diseases. As a rich source of nutrients, anti-bacterial and antioxidant properties, ayurvedic herbs are non-toxic in nature and so the products or remedies made using them are often recommended for the benefits of Ayurvedic remedies have been proven over centuries of use and are as useful today as they were back in the time. Ayurveda offers a number of remedies that can aid in balancing your doshas and contribute towards your overall wellness and healthy. But the key lies in finding the balance with a holistic approach of keeping the mind, body and soul in complete harmony with one another.

- Haridra (*Curcuma longa*) - Turmeric
- Palanduh (*Allium cepa*) - Onion
- Lashunam (*Allium sativum*) - Garlic
- Dhanyakam (*Coriandrum sativum*) - Coriander
- Methica (*Trigonella foenum-graecum*) - Fenugreek
- Sarshapa (*Brassica juncea*) - Indian mustard
- Jeeraka (*Cuminum cyminum*) - Cumin
- Yavanika (*Carum copticum*) - Ajwain
- Maricham (*Piper nigrum*) - Pepper
- Ardrakum (*Zingiber officinale*) - Ginger

- Hingu (*Ferula assa-foetida*) – Asafoetida.

1. Haridra (*Curcuma longa*) - Turmeric

- **Cuts and wounds:** Application of turmeric powder on the bleeding wounds prevents infection and stop bleeding.
- **Conjunctivitis:** A pinch of turmeric powder mixed with table spoon of luke warm water and is strained. Drops are put with 2 to 3 hours interval.
- **Hoarseness and sore throat:** 2 teaspoon full turmeric powder in a cup of milk boiled and taken 3 to 4 times a day.
- **Acne:** A pinch of turmeric powder with mentha juice can be applied.
- **Stuffy nose:** Dry turmeric tuber is burnt and the fumes are inhaled.

2. Palanduh (*Allium cepa*) - Onion

- **Cold and catarrh:** 1 to 2 tsp equal parts of onion & ginger juice full with honey.
- **Gingivitis (gum problems):** Onion juice + common salt can be applied in and out side of gums.
- **Hic-cup:** 1 or 2 drops onion juice into nostrils.
- **Digestion:** Onion juice + common salt.
- **Ear ache:** 1 or 2 drops luke warm onion juice into ears.

3. Lashunam (*Allium sativum*) - Garlic

- **Cold and catarrh:** Crushed garlic are added to a glass of milk and is taken 2 or 3 times daily.
- **Skin diseases:** Garlic boiled in mustard oil can be applied.
- **Scars due to burns and scalds:** Garlic juice can be applied.
- **Unconsciousness:** Put 1 or 2 drops of garlic juice into nostrils.
- **Joint pains:** Oil prepared with garlic can be applied over the painful joints.

4. Dhanyakam (*Coriandrum sativum*) - Coriander

- **Sore throat:** Coriander juice is taken 1 to 2 tsp.
- **Cold and catarrh:** 1 to 2 tsp coriander powder + sugar, 2 to 3 times daily.
- **Vomiting in pregnancy:** Decoction of coriander seeds with honey.
- **Digestion:** Coriander seeds with dry ginger decoction.
- **Fevers:** Coriander seeds immersed in water overnight, the water can be given with sugar.

5. **Methica (*Trigonella foenum-graecum*) - Fenugreek**

- **Abdominal pain:** 1 tsp full seed powder with butter milk.
- **Abscess:** The seed mixed with wheat and is made into powder or paste by adding water and is applied over the abscess.
- **Cracks in the feet:** The seed and henna leaves are made into paste and applied.
- **Loose motions:** 1 tsp full seed powder mixed with fresh curd, taken 2 or 3 time a day.
- **Diabetes:** 1 tsp full seeds immersed in water over night and next morning the seeds and water is taken.

6. **Sarshapa (*Brassica juncea*) - Indian mustard**

- **Dental problems:** Seed powder + normal salt powder applied on teeth and gums.
- **Cough:** Seed powder with honey. Cosmetic - Seeds are boiled in milk and dried and powdered, the paste is applied over the skin.
- **Inflammations and swellings:** The seed and vach (*Acorus calamus*) are made into paste and applied over the swelling.
- **Bed wetting:** 1 tsp seed powder with jaggery daily 1 hour before going to bed for 1 month.

7. **Jeeraka (*Cuminum cyminum*) - Cumin**

- **Fever:** 2 teaspoons of cumin seed powder + water a pinch of turmeric powder.
- **Cold and head ache:** Cuminum seed, turmeric powder and jaggery are made into powder and kept in a cloth and inhaled.
- **Loss of appetite:** 1 tsp cumin seeds immersed in ginger juice can be taken.
- **Loose motions:** 1 to 2 tsp roasted cumin seed powder with ghee, twice a day.

8. **Yavanika (*Carum copticum*) - Ajwain**

- **Skin diseases:** The seed is mixed with lemon juice and is made into paste can be applied over the skin.
- **Cold and catarrh:** Roasted seeds wrapped in a cloth and inhaled.
- **Earache:** 1 or 2 drop seed juice into ears.
- **Dental problems:** Paste of seeds and common salt can be applied on teeth and gums.
- **Bad odors in the mouth:** 1 or 2 tsp kept in the mouth will act as refreshner.

9. Maricham (*Piper nigrum*) - Pepper

- **Cold:** Pepper powder with jaggery and curd.
- **Cough:** Pepper powder with honey.
- **Stings and bites:** Pepper rubbed with onion juice can be applied over the bite.
- **Skin diseases:** Pepper powder with honey can be applied. The paste of pepper with tulasi juice can be applied.
- **Sore throat:** Pepper powder with honey, or the paste of pepper with tulasi juice can be applied.

10. Ardrakum (*Zingiber officinale*) - Ginger

- **Indigestion:** 2tsp fresh ginger + normal salt.
- **Skin diseases:** 2tsp fresh ginger paste + jaggery daily internally.
- **Allergic rash:** 2tsp fresh ginger + tulasi juice internally.
- **Cough:** Fresh ginger juice + honey
- **Jaundice:** 2tsp ginger juice + nela usiri juice, twice a day

11. Hingu (*Ferula assa-foetida*) - Asafoetida

- Intestinal worms: 2tsp fried hing + jiggery
- **Stings and bites:** Hing + onion paste is applied
- **Indigestion:** Hing can be added daily in curries

METHOD OF ADMINISTRATION OF HERBS

The parts of herbs collected should be clean and fresh. In case of dried materials, the leaves & flowers should be dried under shade and other parts i.e. roots, bark, fruits, seeds, etc. are dried under direct sun light and are stored properly. Juice and paste should not be stored for long time.

Benefits of Ayurvedic Home Remedies

Ayurvedic home remedies are simple to use and prepare. Making the concoctions does not require expertise; anybody can prepare and administer them effectively. Ingredients can be fetched easily from the kitchen and they do not require long preparation time. Since, they are made using natural everyday ingredients, they are non-toxic and pose no harm to your health.

Anything that is easily available in or around your home, and has a medicinal use, may be used as a home remedy. Most Ayurvedic home remedies are a blend of

commonly used herbs and spices that are concocted together into a potent mix to cure common symptoms or prevent any ailment.

Substances such as clove, cinnamon, black pepper, cumin, fennel, rock salt, turmeric, coriander, ginger, honey, licorice, garlic, onion, Holy Basil and mint are generally regarded as effective home remedies. Ayurveda also prescribes some exercises, massaging techniques, aromas and cleansing therapies as natural home remedies. In some cases, even a proper diet can be a home remedy as it reduces the severity of symptoms experienced and avoids unintended aggravation of the condition.

The Ayurvedic approach to illness is holistic and therefore after an Ayurvedic treatment a patient will find an improvement in their mental, physical and psychological conditions. The ingredients utilized in Ayurvedic medicines are mostly derived from plants, herbs, flowers, fruits, etc. making it a remedy close to nature and many more benefits of Ayurveda are as follows.

Some of the most commonly known benefits of Ayurvedic home remedies include:

- They have fewer side effects and these are mild.
- They have no chemicals that could be harmful to the body
- They are cheap and easy to find. They can be found in one's backyard, farm or readily in the market at cheap rates.
- They are more effective against many illnesses. One kind of home remedy can be used to treat several types of other illnesses
- It emphasizes on preventive as well as curative form of medicine
- It is most effective in natural treatment to detoxify the body from any toxins and harmful chemicals
- Establishes a perfect balance between mind, body and soul that aids in achieving the goal of perfect health

Panchakarma is the process for getting rid of impurities and food that interfere with how the body should ideally work. Administering oils, enemas, and massage therapy help get the body moving from the tissue levels to the intestinal levels as impurities get released from the system. Using the nurturing touch of Ayurvedic remedies for a blissful happy, healthy life is therefore highly recommended.

CONCLUSION

These can be taken for minor ailments but are no way substitute of a physician's diagnosis. If the problem persists, consult your doctor immediately. Although these remedies are generally safe for the public and usually have no side effects

REFERENCES

1. *Acharya J.T. & Acharya N.R. Sushruta Samhita of Sushruta (with) 'Nibandhasangraha' commentary by Dalhana), Chaukhamba Surbharati Prakashan, Varanasi, 2003.*
2. *Sharma S.P. Ashtanga Samgraha of Vrddha Vagbhata, (with Sasilekha' commentary by Indu), Chowkhanmba Sanskrit Series Office, Varanasi, 2006.*
3. *Paradakar H.S., Astanga hrdayam of Vagbhats, (with commentaries 'Sarvangasundard' of Arunadatta & 'Ayurvedarasayana' of Hemadri), Chaukhamba Orientalia, Varanasi, 2005.*
4. *Charaka Samhita Vol. I Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint. Sutrastana, Apamargatanduliya, Sloka, 2008; 18-33: 69,70.*
5. *Charaka Samhita Vol. III Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint. Cikitsasatha, Rasayanaadhya 3 pada, Sloka, 2008; 36-40,47.*
6. *Charaka Samhita Vol. I Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint. Sutrastana, Tasyasitiya, Sloka, 2008; 34: 460.*
7. *Charaka Samhita Vol. I Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint. Sutrastana, Annapanavidhi, Sloka, 2008; 326: 558.*
8. *Shailaja Srivastava, Sarangadhara Samhitha of Sharangadhar acharya Chaukhamba Orientalia, Varanasi, Madhyamakanda, Avalehakalpana, 2013; 208(1).*
9. *Charaka Samhita Vol. VI Edited and Published by Dr. Ram Karan Sarma and Vaidya Bhagwan Dash, Chaukhambha Sanskrit Series Office, Varanasi, Reprint. Kalpastana, Madanakalpa, Sloka, 2008; 19(20).*