

# Home Remedies

For Common Ailments



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# Home Remedies

By Arundhati Govind Hoskeri

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Editor – this uploads has book foreword, excerpts, index of contents, back cover and excerpts from the book.

## Foreword

It gives us great pleasure in writing the foreword of this book on “Home Remedies For Common Ailments”.

Home remedies for ailments came to evolve over centuries due to the absence of modern medicine and paucity of doctors. Their effectiveness led them to be spread by word of mouth through generations. Made of routinely used and easily available materials, these remedies offer a cure for simple ailments and at times help to tide over critical periods. These remedies are best used before rushing to a doctor for minor ailments as they are easy to prepare and have virtually no side effects besides the occasional allergy which is in contrast with modern medicine that has its own side effects and has to be taken for a specific period. One remarkable aspect about home remedies is that they offer immediate relief with a minimal dose. This book eloquently reveals the inherent healing properties of common ingredients used in food in our day to day lives.

Arundhati Hoskeri has written a practical handbook for the entire family. When you look up the illness in question you will find all the relevant herbal recipes and treatments, together with instructions for their preparation and use. After reading this book you feel amazed by the tremendous amount of natural healing power our own kitchen and pantry holds. She has presented the recipes for glowing health in a very lucid and clear manner.

Many ailments have been covered in this book. Arundhati is a multi-linguist who fluently speaks in eight Indian languages other than English. She has thus, listed the ingredients in six Indian languages (Hindi, Gujarati, Marathi, Kannada, Telugu and Tamil) other than English so that it is easy to refer for one and all. Beauty and Skin Care section has some very interesting beauty masks and treatments.

Most of the ailments cover causes, symptoms and remedies in a very systematic way. Arundhati is a structured thinker and a passionate seeker of knowledge, who always goes beyond the books/course curriculum of whatever studies she undertakes.

She is a multifaceted personality with a keen interest and a penchant for learning newer things. Her diverse interests range from writing poignant and romantic poetry to studying Gemmology, Astrology and Naturopathy. After publishing a collection of her poems, titled *Mindscales* she has now added another feather to her hat by writing a book on home remedies. We can expect many more such wonderful and helpful books from her.

We sincerely hope you enjoy reading this book, as much as we did.

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## **Preface**

The modern scientific age with its innovations and research in the field of medicine has no doubt increased human longevity, made our life comfortable and has made everything available at our fingertips but at the same time, too much of dependency on machines without any physical strain has also created health hazards. The so called lifestyle diseases like hypertension (high blood pressure), diabetes, heart attacks have already started targeting the young generation.

Everybody is chasing something or the other in life! Too much stress at work place, irregular eating habits, erratic ways of combating problems, smoking, alcohol and drugs are taking a heavy toll on health.

Having studied Natural Health Sciences, I realised popping allopathic pills for every minor health problem is unnecessary. In fact, our kitchen is an excellent store house of medicine. All the consumable food ingredients have a lot of curative property which when rightly consumed, help in curing ailments without any harmful effect on the human body. This book provides some very effective remedies which are tested and have successfully given good results.

My request to the readers is to apply and follow these remedies judiciously, especially those who suffer from ailments like hypertension, diabetes, rheumatoid arthritis and heart ailment or any other such disease that has dependency on prescribed medication. You can try these natural remedies that are effective and harmless, **but do not stop or alter your existing medication without consulting your regular physician/doctor first.**

Having been brought up in an educated South Indian family, which had a multi cultural embrace, has had a great influence on my life. My grandmother and my parents had a readily available list of home remedies for almost every minor ailment at the tip of their tongue. So right from my childhood, I have been imbibing this knowledge and I became fascinated by folk medicine. I am always seeking more information on natural remedies.

Whenever we took a break to escape from the cement jungle, whether it is the forests of Bandipur or Ranthambore or Nepal or Kerala or Thailand, when everybody else would be taking afternoon naps, I used to go and talk to the gardeners, hotel chefs, old caretakers and gather information about the regions folk medicine.

When I visited Nepal, a leech got into my shoe and I was unaware of the oozing blood until I removed my shoe. When I tried to pull it off my ankle, I could not get rid of it. Then a hotel staff member rushed to me with a fistful of salt and turmeric powder, and a burning candle. He first held the flame of a candle very close to the leech and removed it and immediately pressed salt and turmeric powder on the wound and tied a cloth around it. This helped in stopping the bleeding immediately.

A nasty painful pimple on my chin would not go away for more than a month. My gardener saw it one day and brought me a piece of aloe vera leaf and asked me to apply its gel. The very next day the pimple started shrinking.

My grandmother used to prepare a concoction with cotton seeds for stomatitis (ulcers in mouth) which cured them in 2 to 3 days.

I would make note of all these things I came across and would read about the active principle/medicinal value of that ingredient. When I studied Naturopathy, it was purely out of my passion for folk medicine.

Today people are fed up with modern medicines which give them quick relief but not without side effects and so slowly they are turning towards safer Alternative Medicines.

Through this book, I wish to make people aware of useful remedies that are easy to follow, easy to refer and the ingredients of which are easily available in our own kitchen. This book reflects my hard work and research of years; I really hope and wish that this book will be useful for all.

I hope this book will be useful to all readers.

For feedback and suggestions, you can write to me on [aru.stresscare@gmail.com](mailto:aru.stresscare@gmail.com)

Dr. Arundhati Govind Hoskeri,  
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# Contents

## Chapter 1: Common Ailments

Abrasions	1
Allergy	2
Anaemia	5
Blocked Nose	7
Body Odour Bromhidrosis (Perspiration or Hyperhidrosis)	8
Boils	9
Burns and Scalds	10
Common Cold	12
Fever	14
Conjunctivitis/Sore Eyes	15
Corns	16
Cough	18
Cracked Heels/Heel Fissures	20
Dandruff	21
Dry Lips	23
Dry Skin	24
Head Lice	25
Hiccups	26
Influenza	27
Itching	28
Sore Throat	29
Snoring	31

## Chapter 2: Aches and Pains

Arthritis/Rheumatism	33
Backache	35
Earache	36
Gum ache and Toothache	38
Headache	39
Swollen Joints and Joint Pain	40
Knee Pain	42
Leg Cramps/Leg Pain	43
Sinusitis	44
Shoulder Pain	46

## Chapter 3: Problems Related to the Digestive System

Acidity/Acid Peptic Condition (APC)	48
Bad Breath	50
Burning Tongue/Burning Mouth Syndrome	51
Colitis	52

Constipation	54
Diarrhoea/Loose Motion	56
Flatulence	59
Gastritis	60
Gingivitis or Bleeding Gums	62
Indigestion	64
Irritable Bowel Syndrome (IBS)/Spastic Colon/Mucous Colitis	66
Jaundice	68
Peptic Ulcer/Stomach Ulcer	69
Piles/Haemorrhoids	71
Stomatitis/Mouth Ulcer	73
Vomiting	74

## **Chapter 4: Lifestyle Diseases**

Alcoholism	77
Anorexia	78
Anxiety	80
Arteriosclerosis	81
Coronary Heart Disease	82
Cholesterol	84
Diabetes	85
Depression	87
Hangover	88
Hypertension (High Blood Pressure)	90
Heart Care	91
Strengthening the Nerves	92
Insomnia	92
Lethargy	93
Obesity/Overweight	94
Palpitation	95
Stress	96

## **Chapter 5: Women-Specific Ailments**

Delayed Puberty and Irregular Menstrual Flow	99
Premenstrual Tension (PMT)/Premenstrual Syndrome (PMS)	100
Dysmenorrhoea (Painful Menstruation)/Menstrual Cramps	101
Cramps and pain soon after child birth	102
Excessive Menstrual Flow/Menorrhagia/Heavy Bleeding	103
Delayed Periods or Delayed Menstrual Cycles	105
Amenorrhoea or stoppage of menstrual flow	106
Menopause	106
Hot Flashes	107

Sleep Disorders (Insomnia)	108
Vaginal Dryness	109
Wrinkled Skin	109
Emotional Disturbance	110
Leucorrhoea or white discharge	111
Pregnancy Care	112
Health Care during Pregnancy	114
Post Delivery Care	116

## **Chapter 6: Infant/Child Care**

Bed-Wetting	120
Colic/Gas Trouble	121
Common Cold and Cough	122
Constipation	124
Diaper Rash	125
Diarrhoea	126
Common Fever	127
Insect Bites	129
Vomiting	129

## **Chapter 7: Other Ailments**

Burning Urination	131
Kidney Stones	133
Low Immunity	135
Migraine	136
Nausea	138
Neuritis	139
Nose Bleeding/Epistaxis	140
Osteoporosis	141
Sexual Impotence	142
Sunburn	144
Tired Eyes	146
Tongue Cut	146
Underweight	147
Urinary Tract Infection	148
Sweaty Palms/Palmar Hyperhidrosis	149
Worms in stomach and intestine	150
Wounds	151

## **Chapter 8: Beauty and Skin Care**

Acne	152
Baldness/Hair Loss	153
Dark Circles	155
Face Packs/Masks	155

Hair Care	157
Pimples	158
Premature Greying of Hair	159
Stretch Marks	160
Weight Loss	161
Yellow Teeth/Stained Teeth	162

## **Chapter 9: General Tonics for Healthy and Long Life**

Indian gooseberry ( <i>amla</i> )	163
Figs ( <i>anjeer</i> )	166
<i>Gulkhand</i>	167
Dates ( <i>khajoor</i> )	168
<i>Petha Halwa</i>	170

## **Chapter 10: Recipes**

Banana flower curry	171
Broken Wheat Porridge ( <i>dalia kheer</i> )	172
<i>Chaas masala</i>	172
Digestive <i>churna</i> ( <i>paachak churna</i> )	173
Edible gum ( <i>dink</i> ) <i>laddoos</i>	173
Fenugreek <i>laddoos</i> ( <i>methi laddoos</i> )	174
Green chutney/Mint chutney	175
Green gram <i>laddoos</i>	176
Green gram porridge	176
Green papaya salad	177
<i>Gulkhand</i> or rose petal jam	177
Fresh <i>Masala</i> buttermilk	178
<i>Jeera Kashaya</i>	179
<i>Masala</i> Milk	179
Mint sherbet	180
Sesame jaggery <i>laddoos</i> ( <i>til gud laddoos</i> )	180
Sesame and peanut <i>laddoos</i>	181
Herbal Hair Oil	181
Oil for Pain Relief	182
Tooth powder	183

Index 184

Names of Common Ingredients in Some Indian Languages 188



## **HOME REMEDIES – Back Cover**

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*Home Remedies* is an informative book that provides an exhaustive list of common ailments and natural cures for treating them. The remedies suggested are easy to follow and the ingredients used would be available in most Indian kitchens. Fruits, vegetables, turmeric, tulsi, honey, ginger, onions, yoghurt are some of the ingredients that form part of the staple Indian diet. This book tells you how these, and other natural foods, can help you find relief from several medical complaints. In India, these recipes have traditionally been used in natural health-care practices, and continue to be used effectively today.

From aches and pains to children's ailments, digestive problems, women's health issues, and skin care, *Home Remedies* offers simple, natural and effective solutions for a variety of health problems.

**Dr. Arundhati Hoskeri** is Management Representative at an IB school in Mumbai and a freelance journalist contributing to leading newspapers and journals. She is a soft skills trainer, with stress management being her forte. She conducts workshops for corporate and private groups. She has published a book of poems titled *Mindscapes*. Her interests include reading, writing short stories, poetry, painting, dramatics, astrology, yoga, homeopathy, naturopathy and alternative medicine. She is fluent in English, Hindi, Marathi, Gujarati, Kannada, Konkani, Tamil, and Bhojpuri.

## **Chapter 3: Digestive Problems**

### **CONSTIPATION**

Constipation is a kind of disturbance in the digestive tract due to which the bowels (stools) is restricted or they are not evacuated completely when they move. Constipation produces toxins in the body and affects vital organs leading to various diseases.

#### **Causes**

Wrong diet, faulty lifestyle and irregular eating habits

Lack of roughage (fruits and vegetables) in diet

Insufficient intake of water

Sedentary lifestyle

#### **Symptoms**

Difficulty in passing motion

Painful and hard stools

Irregularity in motion cycles

Coated tongue, ulcers in mouth, bad breath, loss of appetite, dizziness, and nausea

Dark circles under the eyes, pimples on face, depression, and insomnia  
Bloating abdomen and diarrhoea which may alternate with constipation

### **Home Remedies**

Eating one pear daily after dinner is effective.

Guava is another effective remedy for constipation. When eaten with seeds, it provides roughage to the diet and helps in the normal evacuation of the bowels. One or two guavas should be eaten daily.

Grapes have proved to be very beneficial in overcoming constipation. The combination of the properties of the cellulose, sugar, and organic acid in grapes make them a laxative food. Their field of action is not limited to only clearing the bowels. They also tone up the stomach and intestines and relieve chronic constipation. One should take at least 100 g of this fruit daily to achieve the desired results. When fresh grapes are not available, raisins, soaked in water, can be used. Raisins should be soaked for a day or two. This will make them swell to the original size of the grapes. They should be eaten early in the morning, along with the water in which they have been soaked.

*Bael* fruit is an excellent laxative. Eating one *bael* fruit regularly before dinner, for few months cures constipation completely.

Orange is also beneficial in the treatment of constipation. Eating one or two oranges at bedtime and again on rising in the morning is an excellent way of stimulating the bowels. The general stimulating influence of orange juice excites peristaltic activity and helps prevent the accumulation of food residue in the colon.

Fresh figs or dry figs soaked in water for few hours act as an excellent laxative.

Eating ripe papaya daily during the day helps to relieve constipation.

Drinking plenty of water and consuming soup, lemon juice and fruit juices also helps.

Squeeze half a lemon in a glass of hot water and add salt to taste. This is an effective remedy for constipation.

Store water in a copper vessel overnight and drink this water as soon as you wake up. This is quite effective.

Linseed (flax seed) is extremely useful in difficult cases of constipation. A teaspoon of linseed swallowed with water before each meal provides both roughage and lubrication.

Soak few dates in water overnight. Next day morning remove the seeds, squeeze it and then eat it.

## **Chapter 4: Lifestyle Diseases**

### **DIABETES**

Diabetes mellitus is a metabolic disease in which a person has high blood sugar either because the body does not produce enough insulin or because cells do not respond to the insulin that is produced. Insulin is a hormone secreted by the pancreas that helps in absorption of sugar by the cells.

The most common types of diabetes are:

**Type 1 diabetes:** In this type, the body fails to produce insulin and the patient needs to inject insulin into his body.

**Type 2 diabetes:** This type results from insulin resistance i.e. a condition where the cells fail to make use of the insulin appropriately.

## Causes

Type 1 diabetes is partly inherited and then triggered by certain infections.

Type 2 diabetes is due to faulty and stressful lifestyle and genetic factors.

## Symptoms

Polyphagia (increased hunger)

Polyuria (increased urination)

Polydipsia (increased thirst)

Fatigue

**Note:** The following home remedies are safe but if you are under allopathic medication, please do not discontinue it without consulting your diabetologist. You may try the remedies along with your medication and gradually try to reduce the dosage as per medical advice.

## Home Remedies

Bitter gourd is a well known remedy for diabetes. Try to eat this vegetable often. Consuming a tablespoon of fresh bitter gourd juice regularly is effective in reducing sugar levels in blood and urine.

Chew ten leaves each of basil, *bael* and *neem* early in the morning and drink water on empty stomach. This is an effective remedy. Practice this for a couple of months and regularly check your blood sugar level.

Soak two tablespoon of fenugreek seeds overnight. Eat the seeds first after waking up and then drink the water in which they were soaked. Do not eat anything for the next hour. Practise this for three months to note improvement in sugar levels. Fenugreek seeds contain the alkaloid trigonelline, nicotinic acid and coumarin. This remedy helps in controlling triglyceride and cholesterol levels as well.

Eating a medium sized raw white onion and three cloves of raw garlic daily helps the condition.

Avoid eating white sugar, sweets, chocolates, soft drinks, alcohol, and bakery items. Reduce or avoid intake of rice.

Eating Indian gooseberry daily or taking a tablespoon of its juice along with a tablespoon of bitter gourd juice helps reduce sugar levels in blood.

Another popular folk remedy is to eat few leaves of white Vinca Rosea plant (periwinkle/*sadafuli*) daily along with some basil leaves.

Collect the bark and aerial roots of the banyan tree, dry them, and store. Soak few pieces of the dried bark and aerial roots in water overnight. Next morning just squeeze the soaked pieces in the same water, strain and drink.

*Jamun* fruit is good for controlling diabetes. The seeds can be dried, powdered and stored (available in ayurvedic stores). Eat one teaspoon of this powder mixed with water, milk or curd. This can be taken daily to control diabetes.

Collect tender mango leaves, dry (in the shade), powder and store. Half teaspoon of this powder consumed daily controls diabetes.

Leading a relaxed and disciplined life is very important and daily exercise or walking for at least an hour is a must to control diabetes.

## Chapter 8: Beauty and Skin Care

### PREMATURE GREYING OF HAIR

Dry pieces of Indian gooseberry in the shade. Fry them in coconut oil till they are charred to black powder. Cool and store the oil. Apply it regularly.

Soak dry pieces of Indian gooseberry or two teaspoons of powdered Indian gooseberry in water overnight. Next morning after washing your hair, use this solution to rinse.

Amaranth (*chauli*) is another effective home remedy for hair problems. Applying fresh juice of amaranth leaves helps your hair to retain its black colour and prevents it from premature greying. It also helps enhancing hair growth and makes it soft.

Mix a teaspoon each of almond oil, lemon juice and Indian gooseberry juice and massage it on your scalp every night before going to sleep.

Eating curry leaves regularly in the form of chutney or in any form is very good for hair. These leaves can be boiled in coconut oil and can be stored. Apply this oil daily to get good results.

Massaging fresh homemade butter made from cow's milk twice a week into the scalp prevents premature greying of hair.

Another popular remedy in the south of India is ridge gourd (*thurai*) is cut into small pieces and dried in shade. Dried pieces are soaked in three parts of coconut oil and two parts of sesame oil for 3-4 days. Then, this oil is boiled till the pieces are charred to form a black powder. The oil is cooled and stored. This can be used daily to massage your scalp. It enriches the hair roots and also restores your hair pigment.

Use hair oil. (Please refer to the recipe on page 181)

*Home Remedies* is an informative book that provides an exhaustive list of common ailments and natural cures for treating them. The remedies suggested are easy to follow and the ingredients used would be available in most Indian kitchens. Fruits, vegetables, turmeric, tulsi, honey, ginger, onions, yoghurt are some of the ingredients that form part of the staple Indian diet. This book tells you how these, and other natural foods, can help you find relief from several medical complaints. In India, these recipes have traditionally been used in natural health-care practices, and continue to be used effectively today.

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