

## *“Turning Possibilities into Realities”*

2011 “WINNING FOR SEYCHELLES”

## **“A Healthy Nation is A Wealthy Nation”** (part four)

### **The Healing Power of Indian Spices**



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**“It is health that is wealth, not pieces of gold or silver.”**  
*Mohandas ‘Mahatma’ Gandhi*

### **Hope...**

#### **Curry, Spice Turmeric**

Curcumin, a naturally occurring phytochemical in Turmeric, the earthy spice that gives Curry its intense yellow colour, may prevent, slow, even reverse, the build-up of neural plaque which is implicated in **Alzheimer's Disease**.

The World Health Organization's regional forum article, Alzheimer's Disease: Of Emerging Importance, points out a much lower incidence of Alzheimer's disease in India.

Studies in Indian villages, where curried food is a staple, found a less than 1% incidence of Alzheimer's in people over 65 years of age. Turmeric, a main ingredient in curry, contains curcumin, a bioactive phytochemical that some researchers believe may, at least in part, explain why Alzheimer's is so uncommon in India compared to Western countries, where millions upon millions of baby boomers (an estimated 78 million soon-to-be-seniors in the U.S. alone) are now beginning to reach retirement.

*Source: Montefin's FoodNews*

# Indian Spices For All Diseases

## **COLDS**

Mix a gram of daldhini/cinnamon powder with a teaspoon of honey to cure cold. Prepare a cup of tea to which you should add ginger, clove, bay leaf and black pepper. Have this twice a day. Reduce the intake as the cold disappears.

## **GINGER FOR COLDS**

Ginger tea is very good for curing cold. Preparation of tea: cut ginger into small pieces and boil it with water, then add sugar to sweeten and milk to taste, and drink it hot (if desired, add tea leaves before sugar and milk).

## **DRY COUGHS**

Add a gram of turmeric (*haldi*) powder to a teaspoon of honey for curing a dry cough. Also chew a cardamom for a long time.

## **BLOCKED NOSE**

For a blocked nose or to relieve congestion, take a table spoon of crushed carom seeds (*ajwain*) and tie it in a cloth and inhale it.

## **AJWAIN/AJMO FOR ASTHMA**

Boil (*ajwain*) in water and inhale the steam.

## **SORE THROAT**

Add a teaspoon of cumin seeds (*jeera*) and a few small pieces of dry ginger to a glass of boiling water. Simmer it for a few minutes, and then let it cool. Drink it twice daily.

## **CURE FOR BACKACHE**

Rub ginger paste on the backache to get relief.

## **GARLIC FOR HIGH BLOOD PRESSURE**

Have 1-2 pods garlic (*lasan*) first thing in the morning with water. One can use a single pod garlic (*kashmiri lasan*) if desired.

## **HONEY AND GINGER FOR HIGH BLOOD PRESSURE**

Mix 1 tablespoon honey and 1 tablespoon ginger (*adrak*) juice, 1 tablespoon of crushed cumin seeds (*jeera*), and have it twice daily.

## **MIGRAINE**

For the cure of migraine or acute cold in the head; boil a tablespoon of pepper powder, and a pinch of turmeric in a cup of milk, and have it daily for a few days.

## **TURMERIC: CURE FOR INJURIES**

**For any cut or wound**, apply turmeric powder to the injured portion to stop the bleeding. It also works as an antiseptic. You can tie a bandage after applying *haldi*/turmeric.

**For severe sprains and aches**, at bedtime, heat a slurry of turmeric on *tava*/flat pan and apply on affected area, bearably hot, and cover with *Manaar* leaves (latex filled oval leaves used for garland for Lord Hanuman) heated on flat pan with a spoon of mustard oil), and then a bandage to hold it in place. Omit leaves if unavailable, and use thick bandages to keep the heat within. Within couple of applications, the pain will disappear.

**Supplement the external healing** by drinking a hot cup of milk boiled with a teaspoon of ground turmeric powder, which is a tonic as it is. (Caution - after a few continuous days of consumption, turmeric is sweated out which can stain body clothes)

## **HEADACHES**

**If you have a regular migraine problem**, include five almonds along with hot milk in your daily diet. You could also have a gram of black pepper along with honey or milk, twice or thrice a day. Make an almond paste by rubbing wet almonds against a stone. This can be applied to forehead.

Eat an apple with a little salt on an empty stomach everyday and see its wonderful effects. *OR* When headache is caused by cold winds, cinnamon works best in curing headache. Make a paste of cinnamon by mixing in water and apply it all over your forehead.

## **WARTS**

Apply castor oil daily over the problematic area. Continue for several months.

*OR* Apply milky juice of fresh and barely-ripe figs a number of times a day. Continue for two weeks.

*OR* Rub cut raw potatoes on the affected area several times daily. Continue for at least two weeks.

*OR* Rub cut onions on the warts to stimulate the circulation of blood.

*OR* Apply milk from the cut end of dandelion over the warts 2-3 times a day.

*OR* Apply oil extracted from the shell of the cashew nut over the warts.

*OR* Apply Papaya juice or Pineapple juice.

### **PILES**

Radish juice should be taken twice a day, once in the morning and then later in the night. Initially drink half a cup of radish juice and then gradually increase it to one cup.

OR Soak 3-4 figs in a glass of water. Keep it overnight. Consume the figs on an empty stomach, the next day in the morning

### **URINARY TRACT INFECTION**

Drink Cranberry juice. You can also add some apple juice for taste.

### **JAUNDICE**

Add *jaggery* or a cup or more of sugarcane juice to half a cup of castor leaf juice (*arandi patta*) mixed with *jaggery* or sugarcan juice. Consume twice daily for 3 days to get cured.

### **TONSILLITIS**

Take a fresh lemon and squeeze it in a glass of water. Add 4 teaspoon of honey and ? teaspoon of salt in it. Drink it slowly sip by sip.

Milk has proven beneficial in treating tonsillitis. In 1 glass of pure boiled milk, add a pinch of turmeric powder and pepper powder. Drink it every night for about 3 days.

### **GOOD FOR THE HEART**

Turmeric lower cholesterol and by preventing the formation of the internal blood clots improves circulation and prevents heart disease and stroke.

### **GOOD FOR INDIGESTION**

Turmeric can be used to relieve digestive problems like ulcers, dysentery.

### **HONEY IS A GOOD CURE FOR ALL DISEASES**

Mix 1 teaspoon honey with a teaspoon of cinnamon powder and have it at night.

### **HICCUPS**

Take a warm slice of lemon and sprinkle salt, sugar and black pepper on it. The lemon should be eaten until the hiccups stop.

### **HIGH BLOOD CHOLESTEROL**

In 1 glass of water, add 2 teaspoons of coriander/*dhania* seeds and bring to a boil. Let the decoction cool for some time and then strain. Drink this mixture two times a day. OR Sunflower seeds are extremely beneficial, as they contain linoleic acid that helps in reducing the cholesterol deposits on the walls of arteries.

### **TURMERIC FOR ARTHRITIS**

Turmeric can be used in treating arthritis due to its anti-inflammatory property. Turmeric can be taken as a drink other than adding to dishes to help prevent all problems. Use one teaspoon of turmeric powder per cup of warm milk every day. It is also used as a paste for local action.

### **CRAMPS**

You must do a self-massage using mustard oil every morning. Just take a little oil between your palms and rub it all over your body. Then take a shower. This is especially beneficial during winter. You could also mix a little mustard powder with water to make a paste and apply this on your palms and soles of your feet.

### **BITTER GOURD/KARELA IS GOOD**

A tablespoon of *amla* juice mixed with a cup of fresh bitter gourd (*karela*) juice and taken daily for 2 months reduces blood sugar. This will cure cold as well as sore throat

### **VOMITING**

Take 2 cardamoms/elachi and roast them on a dry pan (tava). Powder the cardamoms and thereafter add a teaspoon of honey in it. Consume it frequently.

OR In the mixture of 1 teaspoon of mint juice and 1 teaspoon limejuice, add 1 teaspoon of ginger juice and 1 teaspoon honey. Drink this mixture to prevent vomiting.

OR Limejuice is an effective remedy for vomiting. Take a glass of chilled limejuice and sip slowly. To prevent vomiting, drink ginger tea.

OR In 1 glass water, add some honey and drink sip by sip.

Those suffering travel (motion-movement) sickness can take pharmacist available tablet 3 hours prior travel preferably.

### **SINUSITIS**

Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A.

Another beneficial remedy consists of consuming pungent foods like onion and garlic as a part of your daily meals. Fenugreek/methi leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 teaspoon of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period.

OR Tie a teaspoon of black cumin seeds in a thin cotton cloth and inhale.

Source: The Internet