

Dr. Shiv Charan Sharma
Dr. Syed Aziz Ahmad

KITCHEN CLINIC

Home remedies for common ailments



V&S PUBLISHERS

Kitchen Clinic

Home Remedies for Common Ailments

Dr. Shiv Charan Sharma

Dr. Syed Aziz Ahmad



Published by:



V&S PUBLISHERS

F-2/16, Ansari road, Daryaganj, New Delhi-110002

☎ 23240026, 23240027 • Fax: 011-23240028

Email: info@vspublishers.com • Website: www.vspublishers.com

Regional Office : Hyderabad

5-1-707/1, Brij Bhawan (Beside Central Bank of India Lane)

Bank Street, Koti, Hyderabad - 500 095

☎ 040-24737290

E-mail: vspublishershyd@gmail.com

Branch Office : Mumbai

Jaywant Industrial Estate, 1st Floor-108, Tardeo Road

Opposite Sobo Central Mall, Mumbai – 400 034

☎ 022-23510736

E-mail: vspublishersmum@gmail.com

Follow us on:



© Copyright: V&S PUBLISHERS

:DB? *() I* S!& & # I S!%

DISCLAIMER

While every attempt has been made to provide accurate and timely information in this book, neither the author nor the publisher assumes any responsibility for errors, unintended omissions or commissions detected therein. The author and publisher make no representation or warranty with respect to the comprehensiveness or completeness of the contents provided.

All matters included have been simplified under professional guidance for general information only without any warranty for applicability on an individual. Any mention of an organization or a website in the book by way of citation or as a source of additional information doesn't imply the endorsement of the content either by the author or the publisher. It is possible that websites cited may have changed or removed between the time of editing and publishing the book.

Results from using the expert opinion in this book will be totally dependent on individual circumstances and factors beyond the control of the author and the publisher.

It makes sense to elicit advice from well informed sources before implementing the ideas given in the book. The reader assumes full responsibility for the consequences arising out from reading this book.

For proper guidance, it is advisable to read the book under the watchful eyes of parents/guardian.

The purchaser of this book assumes all responsibility for the use of given materials and information. The copyright of the entire content of this book rests with the author/publisher. Any infringement/

transmission of the cover design, text or illustrations, in any form, by any means, by any entity will invite legal action and be responsible for consequences thereon.

Dedication

In loving memory of my late father
who dedicated his life for the cause of
Ayurveda & inspired me to know
medicinal plants.

—Dr. S.C. Sharma

ACKNOWLEDGEMENT

We express our deep sense of gratitude to old men, *bhagats*, *hakims*, *vaidyas*, and other villagers, without whose cooperation, this work would not have been possible. We are thankful to Dr. Rakesh ravi and Dr. A.M. Tripathi for valuable suggestions, and Mr. R.C. Sharma for quick typing of the manuscript.

—Dr. S. C. Sharma

—Dr. S. A. Ahmad

INTRODUCTION

Kitchen is a functional as well as a storage place in a house where raw materials are used to prepare food, domestic dishes, non-alcoholic beverages etc. Most of raw material are plants and their products, such as chilli, coriander, cumin, dill, fennel, turmeric, cloves, wheat flour, vegetables, onion etc. Majority of them have therapeutic value and provide fairly reliable remedies that are safe and less expensive. They can be used in odd hours of night and in emergency to cure coughs, cuts, sore throats, various types of pains, earache, toothache etc. as alternative medicines.

Today, pollution has played havoc with our lives, causing innumerable diseases, mental tension and stress. Therefore, nature's cure or herbal medicines are quite fruitful and beneficial to human health. Recently, there has been a great liking for anything herbal, as it is deemed pure, fresh and without any side effects. Unfortunately, we are gradually forgetting the use of these indigenous herbs and medicines, as they are not commonly used by us. The information contained in this book is author's interesting, fruitful and based on our traditional knowledge and extensive experience down the centuries.

It is hoped that our readers will cure the ailments of the members of their family, neighbours and friends with the prescriptions contained in this book.

The information available in this book has been collected from experienced people, *sadhus*, *hakims*, *vaidyas* and others, who worked as folk-healers in the past.

CONTENTS

Introduction

1. SALAD PLANTS

1. Carrot (Gajar) 9
2. Cucumber (Kheera) 11
3. Lemon (Neebu) 12
4. Onion (Pyaz) 14
5. Radish (Mooli) 16
6. Sugar Beet (Chukandar) 18
7. Tomato (Tamatar) 19

2. CONDIMENTS

1. Asafoetida (Hing) 20
2. Bishop's Weed (Ajwain) 22
3. Caraway (Kalajira) 24
4. Celery (Ajmud) 25
5. Coriander (Dhania) 26
6. Cumin (Jira) 28
7. Fennel (Saunf) 30
8. Fenugreek (Methi) 32
9. Red Pepper [Lal Mirch (Chilli)] 34
10. Turmeric (Haldi) 36

3. SPICES

1. Black Pepper (Kali Mirch) 38
2. Cinnamon (Dal Chini) 40
3. Clove (Laung) 41
4. Large Cardamom (Bari Ilaichi) 43
5. Long Pepper (Peepar) 44
6. Javitri [Aril (Nutmeg)], Jaiphal (Seed) 45

7. Small Cardamom (Chhoti Ilaichi) 47
8. Tamala (Tejpat) 49

4. FLAVOUR YIELDING PLANTS

1. Garlic (Lahsun) 50
2. Ginger (Adarakh) 53
3. Indian Mustard (Rai) 56
4. Mint (Pudina) 58

5. VEGETABLES

1. Amaranth (Chaulai) 60
2. Bitter Gourd (Karela) 62
3. Bottle Gourd (Lauki) 64
4. Brinjal [Egg Plant (Baingan)] 65
5. Broad Bean (Bakla) 67
6. Cabbage (Patta Gobhi, Karamkalla) 68
7. Cluster Bean (Guar) 70
8. Lady's Finger (Bhindi) 71
9. Loofah (Torai) 72
10. Potato (Aloo) 74
11. Pumpkin, Red Gourd (Kaddoo, Kashiphal) 76
12. Round Gourd (Tinda) 77
13. Spinach (Palak) 78
14. Sweet Potato (Shakarkand) 80
15. Turnip (Shalgam) 81
16. White Goose Foot (Bathua) 82

6. OILS		3. Pea (Matar)	108
1. Castor Oil (Andi, Arand)	84	4. Pigeon Pea (Arhar)	109
2. Coconut Oil (Nariyal)	86	9. NATURAL PRODUCTS	
3. Linseed Oil (Alsi Ka Tel)	88	1. Alum (Phitkari)	110
4. Mustard Oil (Sarson)	89	2. Ghee (Ghee)	112
5. Sesame Oil (Til)	91	3. Honey (Madhu, Shahad)	113
7. CEREALS		4. Kerosene Oil (Mitti Ka Tel)	115
1. Barley (Jau)	93	5. Salt (Namak)	116
2. Maize or Corn (Makka)	95	6. Water (Pani)	118
3. Oat (Jai)	97	MIRACLES OF WATER THERA- PY119	
4. Rice or Paddy (Chaval or Dhan)	99	10. FOOD TIPS— DO'S & DON'TS	121
5. Wheat (Gehun)	101	GLOSSARY	124
8. PULSES		BIBLIOGRAPHY	126
1. Black Gram (Urad)	104		
2. Gram (Chick Pea) [Chana]	106		



SALAD PLANTS

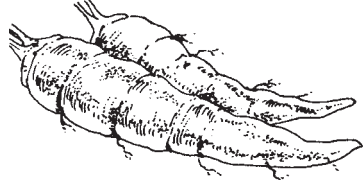
1. Carrot (Gajar)

Botanical name : *Daucus carota* L.

Family : (Apiaceae
Umbelliferae)

Sanskrit name : Gunjan

Plant part used : Root



Identification

An erect, biennial herb with fleshy conical tap root. Leaves decomposed. Inflorescence in terminal compound umbel, white. Fruits cremocarp with hooked spines.

Distribution

It is a native of Mediterranean region from where it spread throughout the world. It is cultivated in Europe, Asia and Africa. In India, it is grown in majority of the states.

Chemical Composition

On an average, the fresh root contains 86% moisture, 0.9% proteins and 0.1% mineral matter. It also contains carotene, (a precursor of Vitamin A) and appreciable amounts of thiamine and riboflavin.

Medicinal Uses

1. **To cure eye trouble**—Take the juice of fresh root in a cup. Mix it with 250 gm of fennel and 10 gm of sugar. Take this mixture with milk at night before sleep.

2. **To heal wounds or sores**—Boil the roots and prepare a poultice. Place it over the wounds or sores and tie it with white thin piece of muslin cloth. Repeat it for at least 3-5 days.
3. **To make heart strong**—Boil fresh roots and prepare paste. Place the paste open under the moonlight. After adding few drops of rose water and sufficient sugar, take it early in the morning.
4. **To cure headache**—Boil the fresh roots and extract the juice. Place 2 or 3 drops of juice in the nostril. Repeat 2 times after an interval of 15 minutes.
5. **To remove intestinal diseases**—A diet supplemented by raw carrots each day helps cleaning up constipation, promoting some looseness of the stool, providing relief in piles and sprue and killing worms in the intestine.
6. **To have a check on Cancer**—Carrot, a well-known source of anti-cancer nutrient, β -carotene. It helps keep off cancer if consumed regularly.
7. **To remove kidney stones**—Make a cavity in the root and fill it with the seeds of turnip and radish. Close the cavity and then boil it. Take it twice a day. Stones will get dissolved.
8. **To heal the burns**—Pour ice water first on the burnt part of the body. Dip thin cloth in carrot juice and tie lightly over the burnt part. Repeat it for 3 days.
9. **To cure dysentery**—Boil the roots and extract juice. Take one cup juice thrice a day.
10. **To improve eye sight**—It is a potent source of vitamin A, which is a boon for eyes. One should eat 3/4 carrots daily.
11. **Vitamin E**—Carrots' leaves are a great source of vitamin E. Its juice is prepared & taken as per need.
12. **To maintain Osmoregulation**—It is such in alkaline elements, which purify and revitalise the blood and it tone up the whole system & helps maintain acid/base balance of the body.

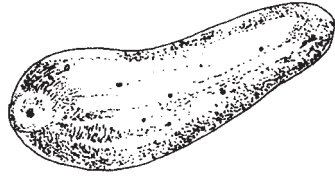
2. Cucumber (Kheera)

Botanical name : *Cucumis sativus* L.

Family : Cucurbitaceae

Sanskrit name : Sukasa

Plant part used : Fruit



Identification

Annual prostrate herb. Leaves broadly cordate-ovate, villose-hispid. Fruits oblong, yellowish-green, glabrous.

Distribution

It is a native of northern India. It was cultivated in Egypt, Greece and China in ancient time. Now it is cultivated throughout the world.

Chemical Composition

On an average, the fruit contains 93% moisture, 2.5% carbohydrates, 0.1% fat, 0.7% minerals, 0.2% proteins and 0.6% fibres. It is also a source of potassium, calcium and vitamin B and C.

Medicinal Uses

1. **To relieve tired and inflamed eyes**—Fruit is crushed to make poultice. It is applied in fine cloth on the lids for half an hour.
2. **To cure insect sting**—Thin slices of the fruit are made. They are placed over the place of sting one after another. They will draw sting poison.
3. **To dissolve kidney stones**—Take raw cucumber as salad daily with meal. It will help dissolve the stones in kidney.
4. **To check assimilation of uric acid**—Uric acid causes stone formation, rheumatic problems etc. Taking kheera daily enhances urine production, thus washing away uric acid from the body.

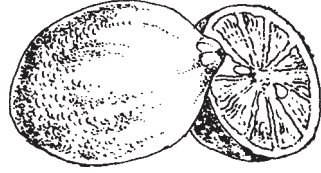
3. Lemon (Neebu)

Botanical name : *Citrus limon*
(L.) Burm.f.

Family : Rutaceae

Sanskrit name : Maha nimbu

Plant part used : Fruit



Identification

A small thorny tree. Leaves ovate, petioles winged. Flowers tinged red. Fruit ovoid, yellow, rind thin.

Distribution

Lemon is a native of south-eastern Asia, most probably north-western India. It reached Europe through Arabs in the 10th century. Now it is cultivated throughout the world.

Chemical Composition

Fruit consists of 87.4% moisture, 0.9% proteins, 10.6% carbohydrates and 0.4% minerals. It also has organic acids (citric acid, malic acid), essential oils, glycosides, anthocyanins, β -carotene and vitamin C.

Medicinal Uses

1. **To check bleeding**—For profuse bleeding occurring from any part of the body, place a few drops of lemon juice there. Bleeding will definitely be stopped.
2. **To reduce obesity**—Take juice in a glass of water each day after dinner.
3. **To cure sore-throat**—Place lemon juice in a little warm water. Gargle several times each day.
4. **To relieve upset stomach**—Cut lemon peels into small pieces and dry them. Place some of them in 2 cups of water and boil for 30 minutes. Drink twice a day.
5. **To remove eczema**—First rub it at the site of eczema and then place the lemon juice there. Repeat it for 2 or 3 times a day.