

# AYURVEDA

## Home Remedies

### Clove

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#### Remedies

##### Asthma

- Mix 4–5 drops of clove oil with 1 tbsp of honey and 1 clove of crushed garlic. Take before going to bed.

##### Bad breath

- Chew 1–2 cloves twice a day.

##### Fever

- Add 3 crushed cloves, 2 cardamoms, 2 tbsp of aniseed, 6–7 basil leaves and 1 tsp of cinnamon to 2 cups of water. Boil and allow to simmer until it has reduced to half. Drink this herbal decoction, once or twice a day.

##### Indigestion/nausea

- Fry 2 tsp of cloves and add to 1 cup of boiling water. Steep for 30 minutes. Drink 1 tsp of this solution 3–4 times a day.

##### Muscle cramps or Painful joints/back

- Apply warm clove oil on the affected area and massage

##### Sore gums/throat

- Gargle an infusion made from cloves and warm water.
- Chew 3–4 cloves.

##### Toothache

- Apply clove oil to the surrounding gum or tooth cavity.

##### Vomiting

- Fry ½ tsp of clove powder, mix with 1 tbsp of honey and eat.

#### Other uses

Cloves are used to flavor foods, and are mixed with turmeric, cinnamon and chillies. In India, clove is also mixed with other herbs and eaten with betel leaf as a breath freshener and digestive aid.

### Cinnamon

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#### Remedies

##### Cough/bronchitis

- Mix 1 tsp each of cinnamon, turmeric, ginger, black pepper, cardamom and clove. Add 3 tbsp of raw sugar and grind together to make a fine powder. Take ½–1 tsp of this powder mixed with honey twice per day.

##### Cold/flu

- Boil 1 tsp of cinnamon in 1 cup of water. Simmer until it is half the volume, strain, add honey and drink warm.

##### Diarrhoea

- Mix 1 tsp each of cinnamon, ginger and cumin powder with honey to make a paste. Take 1 tsp three times a day

##### Insomnia

- Add ½ tsp of cinnamon powder and 1 tsp of honey to 1 cup of warm milk. Drink before going to bed.

##### Mouth purifier

- Boil 1 tsp of cinnamon in 1 cup of water. Cool and use as a gargle.
- Mix equal parts (1 tsp) of cinnamon, cardamom and dried bay leaf in 1 cup of hot water and drink twice daily.

##### Nervous tension

- Take a pinch of cinnamon powder mixed with honey before bed.

##### Skin disorders

- Apply a paste of cinnamon and lime juice daily.

##### Toothache

- Put 1–2 drops of cinnamon oil on a cotton ball and press around the tooth.

##### Vomiting/Nausea

- Eat a pinch of cinnamon powder.

#### Other uses

Cinnamon is used for flavoring cakes, breads, desserts, drinks and confectionary. It is also used for making incense and perfumes. Taking cinnamon once a day (mixed with warm water, milk or eaten directly) can assist in lactation for nursing mothers.

# Cumin

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## Remedies

### Diarrhoea

- Roast 2/3 tsp of cumin seeds and powder them. Add a pinch each of ginger powder, cinnamon powder and black pepper. Mix in 1 cup of yoghurt. Eat twice a day.
- Mix 1 tsp each of cumin, ginger, cinnamon and honey. Eat ½ tsp 3 times a day.

### Digestive disorders

- Boil 1 teaspoon of cumin in 1 cup of water. Add 1 teaspoon of juice from coriander leaves and a pinch of salt to taste. Drink after meals for several days.

### Fatigue

- Add ½ tsp each of cumin, coriander, black pepper and lentils to 1 cup of water and boil. Add salt and drink.

### Flatulence/Gas

- Mix an equal quantity of crushed cumin seeds, black pepper and ginger. Make an infusion by mixing it in hot water. Drink warm twice a day, for several days.

### Insomnia

- Sprinkle 1 tsp of cumin on a sliced banana. Eat at night regularly.

### Lactation

- To increase lactation, mix 1 tsp of cumin and sugar. Drink with warm milk each evening.

### Prickly heat

- Crush 1 tbsp cumin seeds with coconut milk and apply frequently.

## Other uses

Cumin is used to flavor bread, pastries, cheese, pickles and chutneys. It is widely used in Indian cooking and is an ingredient in curry powder and mixed spice.

# Turmeric

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## Remedies

### Anaemia

- Everyday take a dose of 1 tsp of turmeric juice mixed with honey.

### Asthma

- Boil 1 cup of milk with 1 tsp of turmeric powder. Drink warm.

### Burns

- Mix 1 tsp of turmeric with 1 tsp of aloe gel and apply to burnt area

### Conjunctivitis

- Mix 1 tbsp of crushed, raw turmeric in 1/3 cup of water. Boil and sieve. 2–3 drops of this mixture may be used in each eye up to 3 times per day.

### Complexion

- Apply a paste of turmeric on the skin before bed, and wash off after a few minutes. In the morning, remove any remaining yellow tinge with a paste of chickpea flour (besan) and oil.

### Dental problems

- Mix 1 tsp of turmeric with ½ tsp of salt. Add mustard oil to make a paste. Rub the teeth and gums with this paste twice daily.

### Diabetes

- ½–1 tsp of turmeric should be taken 3 times a day.

### Diarrhoea

- Take ½ tsp of turmeric powder or juice in water, 3 times per day.

### Pain

- Mix 1 tsp of turmeric and 2 tsp of ginger with water to make a paste. Spread over a cloth, place on the affected area and bandage.
- Add 1 tsp of turmeric to 1 cup of warm milk and drink before bed.

## Other uses

In cooking, turmeric acts as a yellow colouring agent. It is an important herb in Hindu rituals. It is also an ingredient in cosmetics as it is beneficial for the skin. Burning turmeric can repel insects. Inhaling the smoke can assist in coughs, asthma and congested nasal passages.

# Coriander

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## Remedies

### Conjunctivitis

- Use 1–2 drops of diluted leaf juice to soothe the eyes.

### Coughs, cold, flu

- Crush 2 tsp of coriander seeds and add to 2 tsp of chopped, peeled ginger. Put the mixture into a frying pan over a low heat. Stir to prevent the mixture from burning. Add 2 cups of water. Cover the pan to retain the fumes. Boil for a few minutes. Filter the liquid. Add 1 tbsp of honey for taste and drink warm.

### Headaches

- Make a paste of dried coriander seeds and water - apply to forehead.

### Nose bleeds

- Put 5–6 drops of coriander oil or juice in each nostril.

### Pitta disorders

- Add 1 tbsp of crushed seeds or leaves to 1 cup of water. Soak for at least 3–4 hours. Drink twice a day.

### Sinus problems

- Boil 2-3 tbsp of coriander seeds in 4 cups of water. Inhale.

### Swellings

- Apply a compress of damp; crushed coriander leaves to the swelling.
- Drink a coriander tea infusion made with 1 tsp of seeds and 1 cup of hot water.

## Other uses

Coriander is used in cooking a variety of recipes. The powdered seeds can be added to vegetables while cooking. A paste or chutney containing coriander is used as an appetizer before meals. To make the chutney, grind a medium bunch of coriander leaves and a small bunch of mint leaves together with a little water, lemon or lime juice and a pinch of salt. For variations, add mango pulp, grated coconut, chopped nuts, natural yoghurt or sour cream. Serve as a sauce with vegetables.

# Ginger

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## Remedies

### Arthritis

- Mix 6 tsp of ginger powder with 6 tsp of caraway seeds and 3 tsp of black pepper. ½ tsp of this mixture taken twice a day is beneficial.

### Cough, cold

- Mix ½ tsp of ginger powder with ½ tsp of turmeric and 1 tbsp of honey. Take twice a day.
- Take 1 tsp of ginger juice mixed with 1 tsp honey 2–3 times a day.
- Boil 1 tbsp chopped ginger in 1 cup water. Strain and add sugar or honey. Drink warm.

### Loss of appetite

- Put 5 tbsp of chopped, fresh ginger in a glass jar. Cover ginger with lemon juice; add a pinch of salt and 1 tbsp of cumin seeds. Put jar in the sun for 2 days in summer, or 3–5 days in winter. Eat ½ tsp before meals.

### Nausea, flatulence

- Mix ½ tsp of ginger juice, 1 tsp of lime-juice, 1 tsp of mint juice and 1 tbsp of honey. Take twice a day.

### Stomach ache

- Boil 1 tsp of chopped ginger in 1 cup of water; add a pinch of salt and drink.

### Vāta disorders (Joint Pain, constipation, Nervous debility)

- Drink warm water mixed with ½ tsp of ginger powder and ½ tsp of turmeric.

## Other uses

Fresh or powdered ginger is used in many recipes. In addition to flavouring vegetables, soups, pickles and chutneys it can be used in cakes, biscuits and drinks.

To make a rice dish seasoned with ginger, cook 1 cup of rice. Put the cooked rice in a dish and add around 2 tbsp of butter or ghee and 1 tsp of salt. Mix and cool the rice. Before serving, mix through 1¼ cups of natural yoghurt and 1 tbsp of finely chopped fresh ginger.

# Garlic

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## Remedies

### Arthritis, Sciatica

- Apply a paste made of crushed garlic cloves and water to the affected part, or rub a cut clove directly onto the area.
- Fresh cloves may be eaten (1–3 per day).

### Asthma

- Boil 3 cloves of chopped garlic in 1 cup of milk and drink before bed.
- Peel and crush 1 clove of garlic. Boil in ½ cup of malt vinegar. Cool and strain. Take 1–2 tsp each evening.

### Digestive disorders

- Crush 1–2 cloves of garlic and take with warm water or milk.

### Fever

- Mix 1 tbsp of crushed garlic with ¼ cup of finely chopped basil leaves. Add 1 cup of water and boil until only ½ a cup remains. Take 2 tsp twice a day.

### Insect bites

- Dab garlic paste on the affected area and leave for 5–10 minutes.

### Lactation

- To increase lactation, mix 1 tsp of cumin with 1 tsp sugar and drink with warm milk each evening.

### Rejuvenation

- Eat garlic cloves (1–3 per day), or use garlic regularly in food.

### Sinusitis

- Mix 1 tsp of crushed garlic and 1 tsp of turmeric with 2 tbsp of honey. Take 1 tsp daily.

### Skin problems

- Eat 1–3 garlic cloves or take a garlic oil capsule daily.
- Rub a cut clove or the paste directly onto the affected area several times a day.

## Other uses

Garlic is mainly pungent but represents five tastes (all except sour). It is widely used in cooking, especially Mediterranean cuisine. Garlic is considered to be a natural aphrodisiac, and stimulates the reproductive system. Those devoted to spiritual growth usually avoid garlic for general consumption, as it is considered Rājasic/Tāmasic.

# Basil

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## Remedies

### Coughs, cold, flu

- Take 10-12 washed, crushed basil leaves and 1 tbsp finely chopped fresh ginger. Fry in a pan over a low heat until the ginger has browned. Add 1 cup of water and boil for several minutes. Strain, add 1 tbsp of honey and drink.
- Make a decoction by boiling 10-15 leaves in 2 cups of water. Drink warm.
- Extract the juice of 10-15 basil leaves; add 1 tsp of ginger juice and 1 tsp of honey. Mix and take in the morning and evening.
- Use the powder of dried basil leaves as a snuff to clear nasal congestion.

### Digestive problems

- Boil 10–20 basil leaves in water and drink.

### Fever

- Grind 7 basil leaves, 4 peppercorns and 2 tsp of raw sugar and mix with 1/3 cup water. Take on an empty stomach.

### Longevity or Loss of appetite

- Chew 2–4 leaves on an empty stomach in the morning.

### Skin disorders

- Make a paste with fresh leaves and water. Apply to the affected area.
- Take 1 tsp of juice daily.

## Other uses

Basil is a natural air freshener and insect repellent. It is used in cooking, especially Italian food, soups and pasta sauces. It is considered one of the most sacred plants in India, and is grown in most households. Orthodox Hindus worship a variety of basil known as Holy Tulasé by watering it daily, offering leaves to God and circumambulating the base of the plant.

# Mint

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## Remedies

Digestive disorders including indigestion, flatulence, nausea and diarrhoea

- Wash a medium bunch of mint leaves. Shred into a bowl. Add a pinch of salt, 1–2 tsp of lemon juice and 1 tsp each of coriander and cumin seed powder. Add some water and grind to a paste. Take 1 tsp of this paste twice a day prior to meals, or with meals.
- Chew ¼ tsp of the seeds, swallow with water.
- Mix 1 tsp mint juice with 1 tsp of lime juice and 1 tbsp honey. Take 3 times a day.
- Drink mint tea (1 tbsp of leaves, 1 cup of water), or warm milk and mint

Bad breath

- Mix 1 tbsp of mint juice in ½ cup of water. Use as a gargle.
- Chew mint leaves.
- Use dried mint powder to clean the mouth and teeth.

Nausea

- Mix 1 tsp dried mint, ½ tsp ginger, and ½ tsp of black pepper and 2 tsp of raw sugar with 1 cup of water. Boil and drink warm.
- Boil 1 tsp of dried mint and ½ tsp of cardamom in 1 cup of water.

Pimples and acne

- Put some mint paste on affected area. Leave overnight.

## Other uses

Mint flavours many dishes. In India, mint chutney is used as an appetizer before meals. A traditional Indian recipe that is easy to make is mint yoghurt or Raitā. To make mint yoghurt, take ½ cup of mint leaves and grind with a little water. Add 1 tbsp of this paste to one cup of natural yoghurt. Mix well. Add a pinch of salt and some roasted cumin seeds. Serve chilled with vegetables, bread or rice.

# Honey

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## BENEFITS OF HONEY

### **Eyesight**

Regular use of honey mixed with the carrot juice helps to improve the eyesight. It should be taken one hour before meals in the morning.

### **Cough**

Mixture of equal quantities of honey and ginger juice is a good expectorant. It gives immediate relief in symptoms like cold, cough, sore throat, congestion of chest and runny nose.

### **Asthma**

Mix half a gram of black pepper powder with honey and ginger juice mixture (equal quantity). Take this mixture at least three times a day. It helps to cure asthma.

### **Blood Pressure**

Take one teaspoonful of garlic juice mixed with two teaspoonful of honey. It can be taken twice a day in the morning and evening. Regular use of this mixture is beneficial for high blood pressure.

### **Blood Purification and Fat Reduction**

Take one glass of warm water and mix 1-2 teaspoonful of honey and one teaspoonful of lemon juice. Take this preparation daily before evacuation. It helps to purify the blood. It also helps to reduce fat and to clean the bowels.

### **Heart Tonic**

One teaspoonful of anise powder mixed with one or two teaspoonful of honey acts a very nice tonic for the heart. It strengthens the heart muscles and improves its functions.

# Ayurvedic Tonics

Maintaining proper strength of the immune system in the body is a basic requirement for staying healthy. When the immunity is weaker than the causative factors of the disease (parasites, bacteria, virus), an imbalance is caused in the "Tridosha" which causes diseases. To avoid falling sick and to maintain good health, Ayurveda advises a number of simple formulas which are very effective to increase the immunity or '**Ojas**'. A special branch of Ayurveda known as '**Rasayana**' or rejuvenation therapy deals with this aspect of maintaining health.

To become an expert in rejuvenation or 'rasayana' therapy, you might need to join our online courses on 'Original Ayurveda'. However, here are some recipes for simple Ayurvedic tonics that act as '**Rasayanas**'. These are especially beneficial for those who are physically weak, underweight and have weak muscles. The tonics given below nourish not only the body but mind too.

- Eat 3 or 4 figs and drink 250ml warm milk in the morning. One or two teaspoons of honey may be added to the milk for sweetening. Soak the figs in water if they are dry. It is a very good tonic and also cures constipation and anaemia.
- Take 2 walnuts, 4 almonds and 7 raisins. Soak them overnight in water and eat the next morning with 250ml of warm milk. Chew well. It's good to add one or two teaspoons of honey to the milk for sweetening.
- Take 1 part dry dates (without seeds), 2 parts dry coconut and 3 parts sugar candy. Cut/break them into small pieces and mix together. Take about 50 grams of this mixture every morning. It's especially good for the children and prevents common ailments like tonsillitis, cold, cough, indigestion and diseases relating to teeth. The dose for children is 2 teaspoons and 4-5 teaspoons for adults. Do not drink water immediately after eating this mixture.
- Take equal quantity of unpeeled apples and carrots grated. This mixture should be taken on an empty stomach in the morning. Dose can be up to 200 grams. Do not eat anything for 2 hours after eating this mixture. It is very effective in reducing extra fat, especially for the women. For increasing weight the same mixture should be taken immediately after lunch.
- Special Ayurvedic tonic for infants: Take 1 almond and soak it in water overnight. In the morning remove the skin of almond and make a fine paste by grinding it. Mix in 1 gram of honey. Give to babies who are 4 months or older. It is a nice tonic for both mental and physical development of the child. Please note that the almond should not be bitter and the paste should be very fine.
- Take 25 grams black chickpeas (kala chana). Soak them in 200 ml water in the night. It is advised to eat these next morning. The water can also be taken with or without mixing a teaspoon of honey. The sprouts made from black chickpeas can also be taken. They strengthen the lungs, help reduce cholesterol and are good in cases of heart disease. Those having a weak digestion or who develop heaviness after eating this, should discontinue.
- Take 2-3 dry dates and soak them in water every morning. In the evening boil them in 250ml milk until half the quantity of milk remains. Cool and add one teaspoon honey as a sweetener. Eat the dates and drink the milk. This can be taken one hour before going to bed. Do not drink water for 2 hours after taking this tonic. This tonic helps to build all the '**Dhatus**', gives strength to lungs, increases blood circulation, cleans the bowels and alleviates Vata and Pitta.

# First-Aid

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Simple Ayurvedic remedies can play a very effective role as first aid treatments. Below are some simple treatments which have been effectively used for thousands of years, for treating some common problems. You can also try them and stay healthy in a natural way.

## **Asthma**

Take one teaspoonful of ginger powder and one teaspoonful of licorice powder. Add half a litre of water and boil the mixture till it reduces to one fourth (about 125 ml.). Strain it and drink it warm. Adding a teaspoonful of honey or one gram of common salt is beneficial.

## **Backache**

Make a paste of ginger, and apply to the affected area. Massaging with eucalyptus oil is very effective. You can also make your own massaging oil. Take 2-3 cloves of garlic, and cut them into small pieces. Put them in 100 ml. of sesame oil or mustard oil (or any other oil if these two are not available). Boil on slow fire for about five minutes. This oil is very good for massaging the area of backache.

## **Bleeding (External)**

Applying a paste of sandalwood powder is helpful in the cases of external bleeding. It stops the bleeding and also heals the wound. Drinking a cup of warm milk with half teaspoonful turmeric powder and a pinch of saffron or alum, added to it is also very good healing drink. It also acts as pain reliever.

## **Burns**

Make a paste of fresh gel of aloe-vera with a pinch of turmeric powder. Adding one 1-2 grams of ghee or coconut oil to this paste makes it more effective. This paste can be applied to the burnt area.

## **Cold**

Take one tablespoon of grated fresh ginger, one teaspoonful of cinnamon powder and one teaspoonful of licorice powder. Add all these together to one litre water and boil on slow fire for ten minutes till about one fourth (250 ml.) of it is left. This drink can be taken three times in a day. Honey can be added as a sweetener.

## **Diarrhoea**

Add one teaspoon of fresh grated ginger and one gram of nutmeg powder to half a cup of water. Blend them together for few minutes into a mixture. Drinking this twice or thrice a day helps to stop diarrhoea.

## **Earache**

Take 2-3 cloves of garlic. Peel off the skin and cut them into small pieces. Add 100 ml. of sesame or mustard oil and boil on a slow fire for about five minutes. Strain and when it becomes cool, drop two drops in the aching ear. Can be used two times a day.

Make a mixture of one teaspoonful of onion juice and half teaspoonful of honey. This mixture is also helpful in earache. Two drops in each ear can be used two times a day.

## **Eye Burn**

Put 2-3 drops of pure rose water into the affected eye. This can be used two or three times a day. It also helps in itchy eyes and reduces the redness in the eyes.

## **Boils**

Apply cooked onion as a poultice on the boil. A paste of ginger powder (one teaspoonful) and turmeric powder (one teaspoonful) is also good to apply on the boil. Either the boil will be suppressed or a head will appear so that the pus can be drained out easily.

## **Exhaustion (Heat)**

Drink one glass (250 ml.) of coconut water or grape juice. Take 3-4 pieces of dates and cook them with one glass of milk or water. Eat the dates and drink the milk or water. It is also good to blend them in a mixture before taking. This drink is very good and gives instant energy.

## **Gum Bleeding**

Squeeze the juice of half lemon into a cup of water and add one teaspoonful of honey. This drink should be taken every morning. Massaging the gums gently with coconut oil also helps.

## **Menstrual Cramps**

Take one tablespoon of aloe-vera gel and mix in half a gram of black pepper powder. Such a mixture can be taken 2-3 times during the day or until the cramps disappear.

Try out some these simple Ayurvedic first aid remedies and stay healthy.

# Reduce Weight

Obesity is a very common condition characterized by excessive deposition of fat in the adipose tissues.

Ayurveda describes eight types of unhealthy bodies. Out of these eight, the two that are widely explained are a very thin body and a very fat body.

It has been explained in **Charaka Samhita**, one of the authorized texts on Ayurveda, that out these two types of bodies, people who are very fat tend to have the most diseases and troubles. This is because the extra fat puts a strain on the heart, kidneys, liver and the joints such as the hips, knees and ankles.

Overweight people are susceptible to several diseases like coronary thrombosis, high blood pressure, diabetes, arthritis, gout, liver and gall bladder disorders. Not only do they suffer from more diseases, but also they are more difficult to treat.

The chief cause of obesity is often overeating, irregular eating habits and not following the rules of eating such as mixing incompatible food items in one meal.

Three things that help in losing weight are:

- Controlling eating habits.
- Regular exercise.
- Avoiding the causes of weight gain.

## **A diet that helps to lose weight:**

**Early morning** - A glass of warm water mixed with the juice of half a lemon and a teaspoon of honey.

**Breakfast** - Wheat or Mung beans (green beans) sprouts and one cup of skimmed milk.

**Mid-morning** - A glass of orange, pineapple or carrot juice.

**Lunch** - Salad of raw vegetables such as carrot, beet, cucumber, cabbage, tomatoes etc. (In case you cannot digest raw vegetables, either steam or boil them) along with whole grain bread or whole wheat chapattis (Indian bread) and a glass of buttermilk. Some roasted cumin seeds, green coriander leaves, a little salt and some grated ginger can also be added to the buttermilk.

**Mid-afternoon** - Coconut water, dry fruits, lemon tea or vegetable soup.

**Dinner** - Whole grain bread or chapattis, steamed vegetables and any seasonal fruit except banana and apple.

If one truly wishes to be in shape, it is necessary to follow this regimen sincerely, avoiding any overeating, for some weeks.

## **Home Remedies for Losing Weight**

- Fruits and green vegetables are low calorie foods; so overweight people should include them in the diet.
- One should avoid eating too much salt as it may increase weight.
- Milk products like cheese; butter etc. should be avoided, as these are rich in fat. Meat and non-vegetarian foods should also be avoided.
- Mint is very useful in losing weight. Mint tea or a paste of fresh green mint mixed with some simple spices can be taken as chutney with meals.
- Spices like dry ginger, cinnamon, black pepper etc. are good for losing weight and can be used in a number of ways.
- Regular intake of carrot juice is very beneficial.
- Food items like rice and potato that contain a lot of carbohydrates should be avoided. Among cereals wheat is considered to be good.
- Vegetables like bitter gourd (karela), and bitter variety of drumstick are helpful in losing weight.
- Honey is an excellent home remedy for obesity. It mobilizes the extra deposited fat in the body and puts it into circulation. This fat is utilized as energy for normal functions. One should start with small quantities of about 10 grams or one tablespoon taken with hot water. It is good to take it early in the morning. A teaspoon of fresh lemon juice may also be added.
- Fasting on honey and lime juice is highly beneficial in treating obesity without the loss of energy and appetite. In this mode of treatment, one teaspoon of fresh honey should be mixed with the juice of half a lime in a glass of lukewarm water and taken several times a day at regular intervals.
- Cabbage is also considered to be an effective remedy for losing weight; as it inhibits the conversion of sugar and other carbohydrates into fat. Hence, it is of great value in weight reduction. It can be taken raw or cooked.
- Exercise is an important part of any weight reduction plan. It helps to use up calories stored in body as fat. In addition, it also relieves tension and tones up the muscles of the body. Walking is the best exercise to begin with, and may be followed by running, swimming and rowing.
- The gum of Commiphora Mukul called 'guggulu' is the drug of choice for the treatment of this condition. There are many compound preparations to which 'guggulu' is added as the principal ingredient.

## Beauty Care

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Generally, the modern lifestyle is full of stress, anxiety and mental tensions. The fast and high tech lifestyle consumes a lot of body energy, and the natural body processes are unable to produce enough energy to keep us going. Factors like irregular eating habits, not eating enough natural foods, over-indulgence, using too many chemicals, drugs, lack of proper exercise, and pollution etc. further weaken our energy. Thus the vital force of the body (**Ojas**), which maintains lustre and glow, is reduced in the body. To maintain this glow or beauty, we turn to cosmetic surgery and artificial chemical cosmetics, which cause many side effects, as they are not in harmony with our body system. Thus the skin becomes even more unhealthy and less beautiful.

Ayurveda mentions many simple natural ways to maintain a healthy and glowing skin. Using these natural ways, one can stay beautiful for a longer period without having to suffer the side effects of the chemicals.

Below are some simple 'secrets' to achieve a naturally beautiful skin.

- Mix equal quantities of cucumber juice, rose water and lime juice. Wash the face and apply it overnight. Rinse off in the morning. This clears the complexion and keeps it healthy.
- Take 50 ml. of raw (not boiled) milk and mix a pinch of salt and two teaspoonful of lime juice in it. Use it as a cleansing lotion. It helps to clean the deep pores of skin.
- Mix equal quantities of lime juice, glycerine and rose water. This lotion if applied to the face regularly at bed time is very useful in removing pimples, blackheads and other stains of the skin. It makes the skin soft, and can also be applied to other parts of the body (hands, feet etc.)
- Take 50 ml. of tomato juice and mix with one teaspoon of lemon juice. Apply this mixture to the face. It helps to make the skin soft and glowing.
- Take equal quantities of turmeric powder and wheat flour and make a paste with sesame oil. Apply it to the face to remove unwanted hair.
- Apply orange juice to the face for smooth and soft skin.
- Take 30 ml. of cabbage juice and mix one teaspoon of honey in it. This mixture, if applied regularly to the face, helps to keep the wrinkles away.
- Make a paste of raw carrots and apply it to the face. Wash it after one hour. The skin will become glowing.
- Regular application of mint juice to the face helps to remove stains.

Try out some of these simple natural remedies for smooth, clear and radiant complexion.

# Hair Loss

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The causes for these hair conditions are: -

- Excess of Pitta dosha in the body is the chief cause of hair problems. Pitta is increased by excessive intake of tea, coffee, alcohol, meats and excessive smoking. Pitta is also aggravated by eating too much fried, oily, greasy, spicy, sour, and acidic foods.
- Intake of too many chemical medicines, low blood circulation, anaemia, general weakness after disease, stress, anxiety, and mental tension are also prime causes of hair loss.
- Chronic diseases like typhoid fever, presence of dandruff or lice and hormonal imbalance also cause hair loss.

So watch out carefully for these reasons! You may be overdoing one of them, and thus losing your beautiful hair.

## TREATMENT:

- The first step is to locate the root cause in your diet or lifestyle that may be increasing the Pitta dosha. Once you locate it, try to give up or at least reduce the diet, habit, or activity responsible for increasing Pitta.
- Always use a natural shampoo or soap to clean the hair. As most soaps and shampoos have chemicals, they might be the cause of your problem. Usually the chemicals have a heating effect, and increase Pitta locally. Amala (*embilica officinalis*), Shikakai (*Acacia concinna*) are very commonly used in India for washing the hair.
- Oiling and massaging of scalp is very beneficial for stopping the hair loss. Use coconut oil or mustard oil at least three times in a week. Certain medicated oils like 'Mahabhringraj oil', 'Amala oil', and 'Arnica oil' are very useful. Put oil on the scalp, and massage gently in the roots of the hair.
- The person should maintain a regular bowel movement everyday. In case of constipation, a mild natural laxative can be taken. Triphala, an Ayurvedic herbal powder, is also useful.
- The diet should contain more green leafy vegetables, salads, milk, fruits and sprouts. Take more proteins, milk, buttermilk, yeast, wheat germ, soybean and vitamin A.
- Regular physical exercise is very beneficial as it helps in balancing the aggravated doshas.
- A special Ayurvedic preparation made from Bhringraj (*Eclipta elba*), Amala, corals, iron and black sesame seeds is very useful, and even stops the greying of hair.
- Rub your scalp vigorously after washing the hair. It increases the blood circulation, and activates the sebaceous glands.
- A mixture of lettuce and spinach juice is good to drink to induce hair growth. The juice of alfalfa mixed with that of carrot, and lettuce juice is also good to take.
- Daily application of coconut oil mixed with lime juice on the hair is also beneficial. Applying juice of green coriander leaves on the head is also good.
- Washing the hair with a paste of cooked Urad dal (black beans) and fenugreek (methi) 2-3 times a week, is also good.
- A paste of licorice made by grinding it in milk can be applied in the bald patches. It induces hair growth. A paste of seeds of lemon and black pepper may also be applied on the bald patches.

These remedies are worth trying and will solve your hair problems

# Eye Care

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## An Important Aspect of Health

If you were asked, "Do you take care of your eyes once a week or at least once a month?" the most common reply would probably be in the negative. The eyes are considered to be the most important organ in our body and yet; people neglect to care for them.

Although we use our eyes everyday, we rarely pay attention until there is some serious problem.

Ayurveda advises to take care of health while in a healthy state. You can maintain perfect eyesight for most part of your life by following some simple remedies.

- Every morning after waking up, fill your mouth with water, close the eyes and sprinkle water on them about 10-15 times. Be sure, as Ayurveda advises, to wake up before sunrise. Do not use hot water to wash the eyes.
- Do not wash the eyes or face when the body is sweating, especially after hard physical exercise or after being exposed to heat and sun.
- Do not stare continuously, specially while looking at long distance objects. Blinking or giving rest to the eyes is good. Do not look at the objects in bright sunlight for a long time. Avoid reading, writing or working with eyes in improper light, or when the light is not sufficient. Take a break and give rest to the eyes if you feel heaviness or tiredness in the eyes.
- Staying up late in the night and sleeping after sunrise is harmful for the eyes. In case of staying up late, drink a cup of water after each hour or half hour.
- Protect your eyes from dust, smoke, strong sunlight and strong wind. Avoid staying long in such conditions. In case you have to stay, blink often and massage the closed eyes gently with your palms.
- Try to maintain regular and clean bowel movements. Constipation weakens the eyesight. In addition; too much anxiety, mental stress, grief, anger and worry are harmful for the eyes.
- Regular eye exercise maintains perfect eyesight. One simple method of exercise is moving the eyeball - right and left; upwards and downwards and rotating it in the clockwise and anti-clockwise directions.
- Another simple way of protecting of eyes is through 'palming'. Rub the palms of both hands for about 30 seconds, close the eyes and gently place the warm palms over the eyes.
- Eating cabbage and carrots is very beneficial for the eyes. These should be eaten raw. It is all right to drink cabbage and carrot juice mixed together or separately.
- If Triphala (an Ayurvedic preparation) is available, you can wash the eyes with 'Triphala water'. Put a teaspoonful of Triphala powder in a glass of water, and let it stay overnight. Strain the water and wash the eyes with it.
- Putting one drop of honey in each eye once a week is also beneficial to the eyes. It causes a bit of irritation, but cleans the eyes.

Try these remedies and keep your eyes healthy and beautiful. Everyone, including those having weak eyesight, can use these remedies. Through these methods, one can even improve one's weak eyesight and maybe even give up the use of spectacles forever.

# Massage

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## **An Easy Way to Stay Healthy**

Oil massage is the most common type of massage. Oil should be chosen according to the season and the personal constitution. Sesame oil is the best for massaging according to Ayurveda. In the winter one can also use mustard oil, though it should not be used in summer. However, those in the habit of constant internal use of mustard oil can massage with it in all seasons. Coconut oil and sunflower oil are also good for massaging in hot climate. Olive oil can be used in the winter as it is heating in nature. People with a vata type of body should use warming oils, and those with pitta type will benefit from cooling oils. The kapha types should have dry massage or should use mustard oil after warming. In order to determine what type you are take a constitution test.

## **Method of Massaging**

One can either start massage from the feet or from head. In self massage one generally starts from feet, then the legs, hands, abdomen, back, chest, neck, shoulders, face and head. While receiving massage from some one it is generally started from head. There are no specific reasons for this. First apply the oil on the part which is to be massaged. Then massage the part gently with palms till the oil penetrates the body. When massaging, upward strokes should be employed. The motion should be uniform (not too fast and not too slow) and pressure should be applied only on the muscles, not the bones. Different types of actions of fingers and hands are used for massaging different organs.

One should receive a massage on an empty stomach. The best time for massaging is early morning or evening. One may wash the oil off after massage. Wait for 20-30 minutes before washing. There should be no anxiety, stress, anger, and worry. The person should concentrate fully on the part being massaged. It is better to get massage from an expert but you can do it yourself too

One should avoid taking a massage when there is too much mucus in the body (aggravation of Kapha), when suffering from fever, and after one has undertaken cleansing therapies like vomiting (emesis) and purgation.

## **Benefits of Massage**

Massage stimulates the internal functions of the body and provides nourishment to various body tissues. It helps in cleansing the toxins from channels. Massaging with oil provides lubrication to various body mechanisms. It stimulates the different agni (enzymes), increases assimilation of food and increases the vital body fluid called the Ojas. It works at both mental and physical levels of the body. It is beneficial in the case of insomnia, weakness of nerves, laziness, exhaustion, general debility, dry and unhealthy skin.