

Dr. Shiv Charan Sharma  
Dr. Syed Aziz Ahmad

# KITCHEN CLINIC

Home remedies for common ailments



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*Home Remedies for Common Ailments*

Dr. Shiv Charan Sharma  
Dr. Syed Aziz Ahmad



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**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

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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. Sharma for quick typing of the manuscript.

—Dr. S. C. Sharma

—Dr. S. A. Ahma

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, clove, 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.

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## SALAD PLANTS

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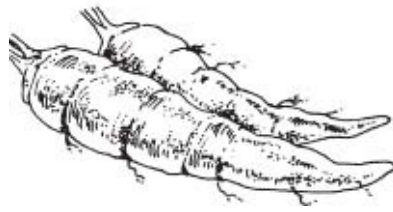
### 1. Carrot (Gajar)

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 decompose. 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 wound 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 in 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, beta-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 gradually be 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 rich in alkaline elements, which purify and revitalize the blood and it tones up the whole system & helps maintain acid/base balance of the body.

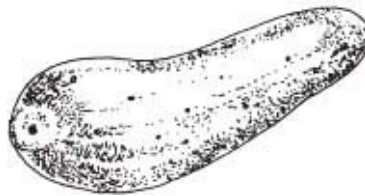
## 2. Cucumber (Kheera)

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

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It is a native of northern India. It was cultivated in Egypt, Greece and China in ancient times. 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 vitamins B and C.

## Medicinal Uses

1. **To relieve tired and inflamed eyes**—Fruit is crushed to make poultice. It is applied on a 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 to dissolve the stones in kidney.
4. **To check assimilation of uric acid**—Uric acid causes stone formation, rheumatoid arthritis, etc. Taking kheera daily enhances urine production, thus washing away uric acid from the body.

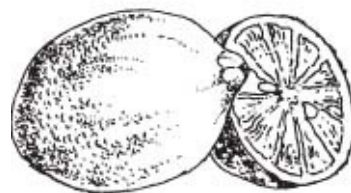
## 3. Lemon (Neebu)

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 when ripe. Rind thin.

## Distribution

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Lemon is a native of south-eastern Asia, most probably northwestern 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, beta-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.
6. **To prepare a face wash**—Take lemon juice, add sugar and borax in equal amounts. Mix them to make a paste. Rub it on the face to remove pimples and black spots.
7. **To strengthen resistance**—Juice of lemon gives good amount of vitamin C, which helps in fighting disease, cures cold & cough, gives luster to skin and strength to gums.
8. **To get relief in piles**—Cut fruit into two equal halves and place 5 gm katha (Acacia catechu) powder on each half. Keep them open at whole right. Suck the juice of both halves in the morning for a week.

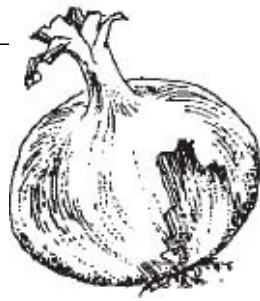
## 4. Onion (Pyaz)

Botanical name : *Allium cepa* L.

Family : Liliaceae

Sanskrit name : Palandu

Plant part used : Bulb (underground stem)



## Identification

Biennial crop with large bulb. Root system is shallow and fibrous. Leaves radical, hollow bifarius. Flowers many, white, in dense umbels. Fruit its capsules sub-globose.

## Distribution

Native to south-west Asia and eastern Mediterranean region. Now cultivated in all parts of the world. In India, chiefly grown in Maharashtra, Tamil Nadu, Andhra Pradesh, Bihar and Punjab.

## Chemical Composition

On an average, a mature onion contains 87% moisture, 11% carbohydrates, 1.2% protein, 0.4% minerals, 0.6% fibres and also has traces of thiamine, nicotinic acid, riboflavin and vitamin C. The pungency of onion is due to a volatile oil, allyl propyl disulphide.

## Medicinal Uses

1. **To cure night blindness**—Two drops of onion juice is placed in the eyes in early morning and at night before sleep.
2. **To remove kidney stones**—Take onion as salad with meal. The stones in kidney or urinary bladder break and pass with urine.
3. **To relieve earache**—Take juice of the bulb, warm it and put 2 or 3 drops in the ear. The ache will go soon.
4. **To cure nasal bleeding**—Put three or four drops of onion juice in the nostrils. Repeat thrice a day.
5. **To treat piles**—Prepare juice of the bulb. Mix the juice with sugar in equal amount. Take the mixture thrice a day at an interval of 4 hours.
6. **To remove pimples**—Take 10 gm juice of white onion, honey 5 gm and salt 1 gm. Mix them and then rub it on the face.
7. **To cure cholera**—Mix onion juice and mint juice (*Mentha longifolia*) in equal amount. Warm the mixture. Take it regularly after an interval of half an hour.

8. **To kill lice in hair**—Prepare juice of the bulb. Apply it over the head. Lices will be killed.
9. **To reduce hypertension**—Take onion as salad daily with the meal. It helps control the high blood pressure.
10. **To destroy worms in intestine**—Take onion as salad with the meal. It destroys the intestinal parasites.
11. **To lower the blood sugar**—Take onion as salad. It is helpful for lowering the sugar level in diabetic patients.
12. **To cure insect stings**—Apply juice of the bulb over the site of insect sting or bite. Leave it for 3 hours.
13. **To treat snake bite**—Mix 3 spoonfuls of onion juice and the same amount of mustard oil. Consume it regularly at an interval of half an hour.
14. **To treat urinary problems**—For burning sensation in urine, 6 gms of onion should be boiled in half litre. It is then cooled and given to patients. Onion rubbed in water and mixed with sugar is useful in urine retention.
15. **An Aphrodisiac**—It increases libido and strengthens the reproductive organs and 2 table spoons of white onion juice, 2 table spoons honey and one table spoon adrak juice mixed together and taken 3 times a day.

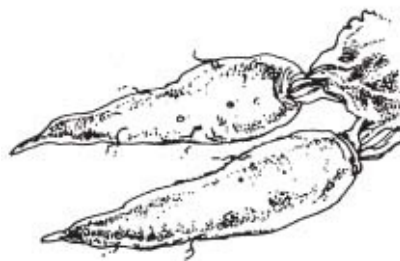
## 5. Radish (Mooli)

Botanical name : *Raphanus sativus* L

Family : Brassiaceae Cruciferae

Sanskrit name : Mulaka

Plant part used : Root and green leaves



### Identification

A quick-growing annual or biennial bristly herb with fleshy root. Leaves lyratepinnate or pinnatifid. Flowers white or lilac. The fruit is a fleshy siliqua with a long conical beak.

### Distribution

The radish, native to western Asia, was cultivated in Egypt, Greece and Rome. Japan and China are the major producers. It is cultivated all over India.

## Chemical Composition

On an average radish consists of 94.4% moisture, 3.4% carbohydrates, 0.7% protein, 0.1% fat, 0.6% minerals and 0.8% fibres. It also contains the trace of vitamin A, thiamin, riboflavin, nicotinic acid and vitamin C. The characteristic pungent flavour of radish is due to the presence of volatile isothiocyanates.

## Medicinal Uses

1. **To reduce trouble in urination**—Take radish as a salad with daily meal. It will help to reduce trouble in urination.
2. **To cure jaundice**—Prepare juice of the green leaves and mix some sugar. Filter it. Take the filtrate 2 times a day for a week.
3. **To treat piles**—Make the green leaves dry under shade and then crush them to powder. Mix equal amount of sugar. Take the mixture once a day. After one month piles will go.
4. **To provide scorpion sting remedy**—Place juice of the root over the site of scorpion sting. It will provide relief immediately.
5. **To give relief in earache**—Mix Juice of the leaves and sesame oil in equal amount. Boil the mixture till only the oil is left in the pan. Cool it, then filter and store it in a bottle. Whenever there is pain in the ear, put 2 or 3 drops after mild warming. The pain will disappear immediately.
6. **To cure spleen trouble**—Cut root lengthwise and place Ammonium chloride over it. Keep it open for a night and then take it early in the morning. Repeat it for a month.
7. **To digest starchy foods**—Take the raw radish as salad with the meal for easier digestion of starches.
8. **To stop hiccup**—Boil some part of the root in water. Filter it. Take it to stop hiccup.
9. **To check leucoderma**—A paste of seeds in vinegar is applied on the white spots continuously for a month.
10. **To check chest trouble**—A syrup prepared by mixing a teaspoonful of fresh radish juice and equal quantity of honey plus a pinch of black salt 3 times daily is useful in bronchitis and disorder of whooping cough.

## 6. Sugar Beet (Chukandar)

Botanical name : *Beta vulgaris* L.

Family : Chenopodiaceae

Sanskrit name : Palanki





## Identification

A glabrous herb with fleshy root. Leaves ovate to oblong-ovate. Flowers green, many, in open panicles.

## Distribution

It is a native of northern Europe. It is now cultivated throughout the world. In India it is commonly grown in North India, Maharashtra and South India.

## Chemical Composition

On an average, the root contains 83.8% moisture, 1.7% protein, 13.6% carbohydrates, 0.1% fat and 0.8% mineral matter. There are also traces of calcium, potassium, iron and vitamin B<sub>1</sub> and C.

## Medicinal Uses

1. **To give relief in cancer**—Take fresh root as salad. It gives relief in cancer due to tumour inhibiting gradient present in it.
2. **To treat anaemia**—Take raw beet roots daily. It will increase the number of red blood corpuscles in an anaemic patient.
3. **As a source of Iron**—Prepare juice of the roots. Take a glass of juice daily. It has high content of iron, which reactivates R.B.C. and supplies fresh oxygen to the body.
4. **To check piles**—Eating beetroot is also useful for constipation and piles. If used daily, prevents habitual constipation, thus helping in piles.
5. **To clean kidney & gall bladder**—It has properties to make kidney & gall bladder clean.

## 7. Tomato (Tamatar)

Botanical name : *Lycopersicon esculentum* Mill.

Family : Solanaceae

Sanskrit name : Tamatar

Plant part used : Fruit



## Identification

A weak-stemmed, trailing, many-branched, short-lived perennial herb.

## Distribution

A native of Peru and Ecuador, it spread to Mexico and Europe. It was introduced to south and east Asian countries. It grows throughout warm temperate and tropical regions.

## Chemical Composition

On average, tomato consists of 93% moisture, 3.6% carbohydrates, 1.9% protein, 0.1% fat, 0.6% minerals, 0.7% fibre. Vitamins A, B<sub>1</sub>, B<sub>2</sub> and C are also present. A rich source of potassium.

## Medicinal Uses

1. **To control high blood pressure**—Take tomato as salad with daily meal. It lowers high blood pressure.
2. **To heal wounds and sores**—Cut fresh tomato into slices. A slice is placed over the wound and tied with adhesive tape. Repeat it for 3 to 4 days. It will heal the wounds.
3. **To dissolve the fat**—Take one glass juice of fresh tomato fruit once in a day. It usually helps dissolve the fat in body. Thus, hardening of arteries is prevented.
4. **To relieve diarrhoea**—Cut fine slices of tomato, and dry in oven. Make a powder. Place 2 or 3 spoonfuls of powder in a cup, mix water and take twice a day for diarrhoea.
5. **To check obesity**—One or two ripe tomatoes taken early morning without breakfast ensures safe weight reduction.

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## CONDIMENTS

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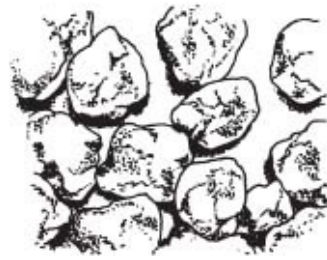
### 1. Asafoetida (Hing)

Botanical name : *Ferula asafoetida* L.

Family : Apiaceae Umbelliferae

Sanskrit name : Hingu

Plant part used : Dry latex obtained from root.



#### Identification

It is a perennial odourous herb with carrot-shaped root. Leaves pinnately decomposed with large sheaths. Flowers smaller, yellow in umbels.

#### Distribution

It is a native of Mediterranean region from where it spread to Central Asia. Now it is grown in Iran, Afghanistan and Kashmir (India).

#### Chemical Composition

Asafoetida contains 40-64% resin (asaresinotannol, ferulic acid and umbelliferone), 25% gum, 10-17% volatile oil and 1.5-10% ash.

#### Medicinal Uses

1. **To cure intestinal ailments**—Mix equal amounts of asafoetida, black pepper and dry ginger. Prepare soft mixture. Take one spoonful with water three times a day.
2. **To have relief from burning**—Dissolve asafoetida in water. Apply it over the burnt part of body. Repeat four to five times a day. This will give relief without causing blisters.

3. **To check toothache**—Warm small part of asafoetida and place it in the cavity of tooth. The pain due to worms will be checked.
4. **To cure jaundice**—Dissolve a small part of asafoetida in water. Apply it to both eyes twice a day.
5. **To treat hoarseness**—Take a small part of asafoetida with water twice a day.
6. **To neutralise the opium poison**—Take asafoetida with water. It will neutralise the effect of opium immediately.
7. **To cure stomachache**—Dissolve asafoetida in water to prepare a paste. Place it all over the abdomen.
8. **To treat dilonium**—Dissolve asafoetida in water and place it on palm, sole and nails of hands and feet.
9. **To cure pinworm disease**—Dissolve asafoetida in water. Place it in anus with the help of cotton. It will give relief in itching of the anus.
10. **To act as digestant**—Hing and lemon preparation is a good digestant. Seedless lemon pieces mixed with small amount of hing and black salt, left in sun for a week or so, and when rind of lemon becomes soft, it should be taken with meals.

## 2. Bishop's Weed (Ajwain)

Botanical name : *Trachyspermum ammi* (L.) Sprague

Family : Apiaceae Umbelliferae

Sanskrit name : Uragandha

Plant part used : Fruits and seeds



### Identification

Erect annual herb up to 1 metre tall. Leaves 2-3 pinnate. Flowers white, in compound umbels. Fruits ovoid and muriccate.

### Distribution

It is a native of Mediterranean region. It is cultivated in Egypt, Iran, Afghanistan and India. In India, it is grown in W. Bengal, Punjab and other states.

## Chemical Composition

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The seeds contain 4.8% moisture, 7.1% protein, 7.9% fat, 48.2% carbohydrates, 4.1% mineral matter and 25.0% fibre. They also contain vitamins A, B<sub>1</sub>, B<sub>2</sub> and C.

## Medicinal Uses

1. **To cure intestinal ailments**—Make a powder of seeds. Take two spoonfuls of it with warm water in the morning and evening a day.
2. **To cure cough and cold**—Place three spoonfuls of seeds in water. Boil till water reduces to half. Strain it. Take the juice in the night just before sleep.
3. **To kill worms in intestine**—Make a powder of seeds. Mix two spoonfuls of powder with black salt in equal amount and take in the night with water.
4. **To treat gout**—Make a powder of seeds and take two or three spoonfuls with warm milk three times a day.
5. **To cure dropsy**—Place the seeds in urine of calf and let them dry. Take them three times a day. Dropsy will be cured in one month.
6. **To treat diabetes**—Grind seeds and *gur* in equal amount. Make four pills. Take them at an interval of 3 hours daily for a month.
7. **To keep kidney pain away**—Make powder of seeds. Take two spoonfuls in the morning and evening with warm milk.
8. **To treat influenza**—Boil the seeds in water then strain. Take juice at an interval of two hours daily.
9. **To cure toothache**—Place the seeds and turmeric powder (*Curcuma Longa* L.) in equal amounts in water. Boil and add a piece of alum; then strain. Take the juice in mouth. Keep for some time touching the teeth and then spit. Repeat it five or more times. The ache of tooth will disappear soon.
10. **To cure asthma**—Place seeds in *chilam* and burn them. Smoke like a cigarette. Repeat twice a day for a week.
11. **To treat leucorrhoea**—Place 25 gm seeds and 25 gm sugar candy in a mud vessel filled with water. Keep at night and then grind them in the morning. Take it before breakfast daily for 10 days.
12. **To check indigestion and dyspepsia**—A small amount of Ajwain when used while making fast food preparations ensures proper digestion.

## 3. Caraway (Kalajira)

Botanical name : *Carum carvi* L.

Family : Apiaceae Umbelliferae

Sanskrit name : Shyam jiraka



## Identification

A biennial herb with tuberous root. Leaves pinnately compound with narrow segments. Flowers white, in dense terminal compound umbels. Fruits oblong, curved, tapering and dark brown in colour.

## Distribution

Caraway is indigenous to Europe and Western Asia, now also cultivated in Holland, Russia, Poland, Bulgaria, Syria, Morocco, Turkey, India and England. In India, cultivation undertaken in Kashmir, Kumaon, Garhwal and Chamba.

## Chemical Composition

The caraway seeds contain 4.5% moisture, 7.6% protein, 8.8% fat, 50.2% carbohydrate, 3.7% mineral matter and 25.2% fibre. They also contain vitamins A, B<sub>1</sub>, B<sub>2</sub>, and C.

## Medicinal Uses

1. **To cure piles**—Mix seeds with sugar candy in equal amount. Make a powder. Take half a spoonful of powder with water in the morning and evening.
2. **To treat dysentery**—Make a powder of the seeds. Mix one spoonful of the powder with one cup of curd. Take it two times a day.
3. **To relieve gas**—Roasted caraway seed when powdered and mixed with curd and black salt helps check gas formation.

## 4. Celery (Ajmod)

Botanical name : *Apium graveolens* L.

Family : Apiaceae Umbelliferae

Sanskrit name : Ajmoda

Plant part used : Fruits and seeds



## Identification

Perennial herb with dimorphic leaves. Radical leaves pinnate and cauline 3-partite. Flowers small, in leaf-opposed umbels.

## Distribution

A native of Europe, now cultivated in France, India and USA. In India, mainly grows in north west Himalayas, Punjab and UP.

## Chemical Composition

The celery seeds contain 5.1% moisture, 18.1% protein, 22.8% fat, 40.9% carbohydrate, 10.2% mineral matter, 2.9% crude fibre and vitamins B<sub>1</sub>, B<sub>2</sub>, C and A.

## Medicinal Uses

1. **To control body pain**—Take celery seeds and place in mustard oil. Simmer and rub the warm mixture on pain sites.
2. **To cure stomachache**—Make powder of seeds and mix black salt. Take it thrice a day.
3. **To stop vomiting**—Make powder of seeds and cloves and then mix with honey. Take the mixture to stop vomiting.
4. **To treat toothache**—Make powder of the seeds. Place it on the site of ache. Rub it gently over teeth and gum. The ache will disappear soon.
5. **To keep body warm**—Take a few seeds with cold water early in the morning. It will keep cold away.
6. **To reduce hypertension**—Make powder of seeds and mix with honey. Take thrice a day for a week. Strengthens frayed nerves.

## 5. Coriander (Dhania)

Botanical name : *Coriandrum sativum* L.

Family : Apiaceae Umbelliferae

Sanskrit name : Dhanyaka



## Identification

A small aromatic, annual herb—leaves decomposed. Flowers purple or white, in compound umbels. Fruits subglobose, ribbed, yellowish-brown.

## Distribution

It is a native of Mediterranean region. It is now cultivated in India, Morocco, Russia, Hungary, Poland, Guatemala, Argentina and the USA. In India, it is grown in Andhra Pradesh, Maharashtra, Tamil Nadu, Punjab, U.P., Assam and M.P.

## Chemical Composition

On an average, seeds contain 6.3% moisture, 1.3% protein, 19.6% fat, 24.0% carbohydrate, 5.3% mineral matter, 31.5% crude fibre, and vitamins B<sub>1</sub>, B<sub>2</sub>, C and A. The pleasant aroma and taste of fruit is due to the presence of an essential oil.

## Medicinal Uses

1. **To neutralise the purging-nut poison**—If one has taken seeds of purging-nut (*Jatropha curcas*) and is suffering from dysentery, give him one spoonful of powder of coriander seeds in curd two or three times a day.
2. **To relieve inflamed eyes**—Place some seeds in thin cloth and tie forming a bag. Dip it in water and then place gently over the eyes.
3. **To keep acidity away**—Mix seeds and dry ginger in equal amount. Boil them in water till the water becomes half. Add honey in it and take this mixture twice a day for two weeks.
4. **To lower high blood pressure**—Take coriander seeds, root of sarpgandha (*Rauwolfia serpentina*) and sugar candy in equal amount. Mix them and make powder. Take two spoonfuls with cold water twice a day.
5. **To ensure proper sleep**—Take small amount of grinded *Dhania*, say 100 gms, and dip it into a cup of water for a whole day. Take out the water & drink it just before going to bed (there should be a gap of one hour between night meal & taking this water).
6. **To relieve gas formation**—It is a good remedy to check gas formation. Nearly powdered



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