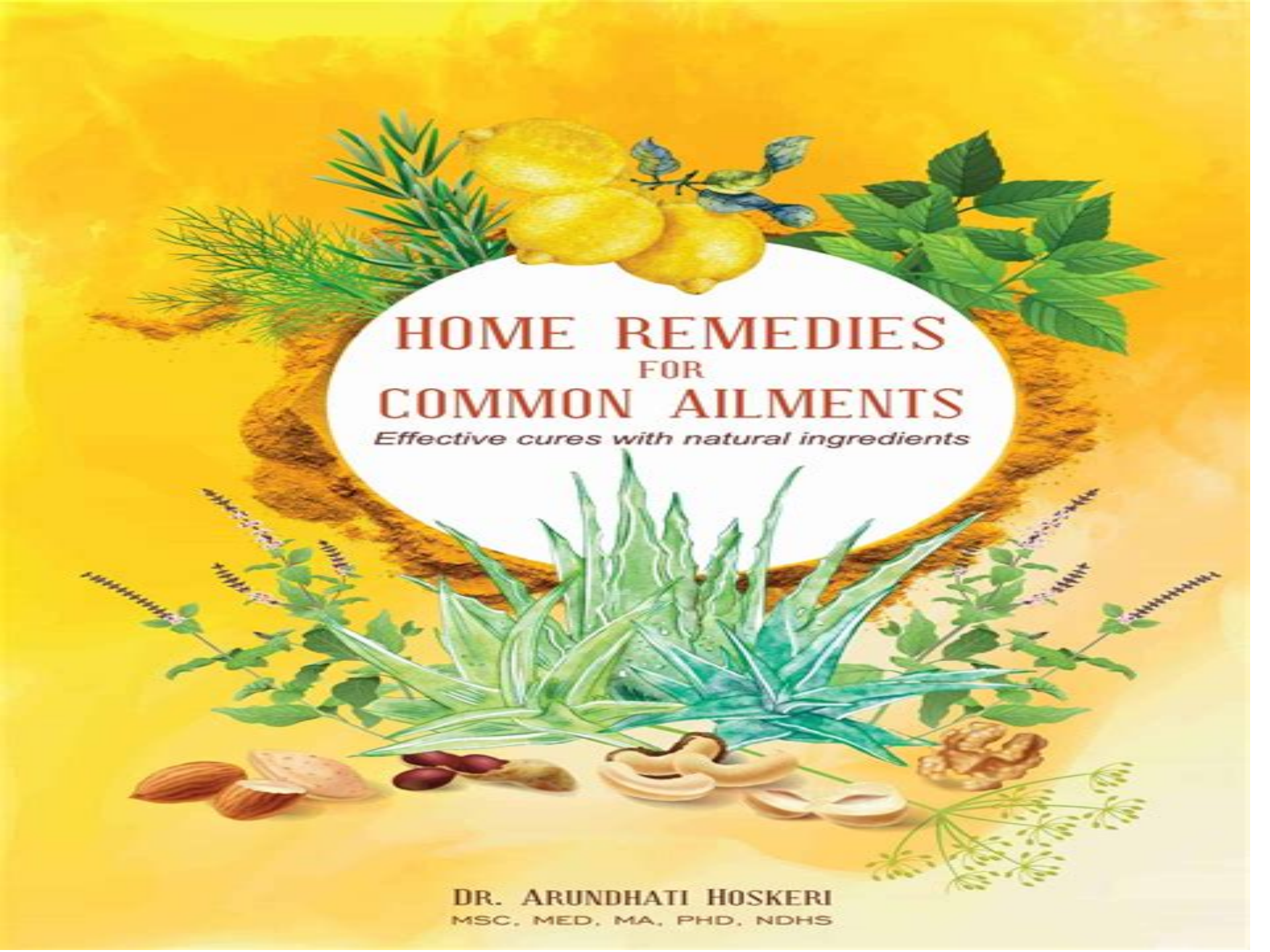




HOME REMEDIES FOR COMMON AILMENTS

Effective cures with natural ingredients

DR. ARUNDHATI HOSKERI
MSC, MED, MA, PHD, NDHS

Treating At Home Remedies For Common Ailments

Paolo Jose De Luna



Treating At Home Remedies For Common Ailments:

Ayurvedic Cure for Common Diseases N. Anjneya Murthy, 1995 The book is written for the people who are interested in simple remedies to cure common diseases The treatments described in this book are based on the authors observations and clinical experiences for many years The preparations described here are from the ancient Ayurvedic texts Ayurveda is a science based on ancient Indian philosophy It can appropriately be called The Science of Living Ayurveda traces its etymology to Ayush meaning life and Veda which originates from vid or knowledge Popularly speaking Ayurveda can be defined as a medical science which helps the human body to keep fit while providing cures from indigenous plants animal products and minerals for ailments Thus being essentially a science of healing it concentrates on what is required to lead a healthy normal life It deals not only with what is to be done when one falls ill but also with what should be done to maintain one s health and vigour Ayurveda contains details about body care and the various foods and drinks which promote health Ayurveda is based on scientific principles of diagnosis and treatment It differs from conventional medicine in the basic principles of investigation and assigning causes to processes rather than specific areas of physiology This book comprises time tested concepts of regulated diet and a healthy lifestyle supported with remedies and treatments based on Ayurveda that are safe effective and affordable

The Family Book of Home Remedies , 1998 Offers a down to earth practical guide to common ailments that you can safely treat at home using both conventional and complementary medicine Consultant editor contributes nutritional acupuncture and exercise advice as well as offering vital preventative tips aromatherapist herbalist homeopath

National Geographic Complete Guide to Natural Home Remedies National Geographic, 2014 Discover over a thousand natural remedies for a variety of ailments including hiccups painful joints chapped lips and headaches The book also provides helpful tips for healthier living including how to fall asleep practice basic meditation clean vinyl floors and add nutritional value to foods

How to Treat Common Ailments of Farm Animals ... Hoards's dairyman, 1928

Ayush in Public Health R.K. Mutatkar, 2016-01-01 The book in two volumes on AYUSH in Public Health from the perspective of Medical Anthropology addresses the issues of policy research with a view to formulate an integrated National Health Policy positioning AYUSH as the mainstream health care system being an aspect of Indian Culture The first volume has emerged out of a field project offered by Department of AYUSH Government of India during 2008 2009 to study the ground level position of AYUSH in four states of India as a sequel to the working group on AYUSH in Public Health for the XIth Five Year Plan Similar project in Rajasthan and NHSC undertaking studies in 18 States broadly following similar protocol has provided data for 23 States The book aims to present a national scenario of AYUSH practiced as traditional primary health care with little local traditions as reflected in home remedies and with the help of traditional healers and the projections under NRHM for mainstreaming and integration of plural systems of medicine The book presents evidence of people s indigenous knowledge and health care practices across the country which are validated as per the great tradition classics of

Ayurved Unani and Siddha systems Second volume as a Handbook to orient AYUSH personnel in epidemiological research with some case studies is meant for capacity building of public health and teaching faculty for advocacy based on scientific data Annexures in the book would help to undertake research in Do it Yourself mode The book is expected to create the need for National Institute of AYUSH in Public Health to be established in the public sector

Baby Steps: Essential Tips for Caregivers of Little Ones Pasquale De Marco, 2025-07-26 Discover a comprehensive guide to caring for infants and toddlers filled with practical advice and heartwarming insights Baby Steps empowers caregivers with the knowledge and skills they need to nurture the little ones in their lives ensuring their optimal development and well being From the moment a newborn enters your world this book provides invaluable support guiding you through every aspect of childcare Learn how to create a safe and comfortable environment respond to your baby's cues effectively and promote their cognitive physical and emotional development Baby Steps covers essential topics such as feeding sleep health safety and discipline offering practical strategies for managing common challenges with patience and understanding Beyond the physical care of your child Baby Steps emphasizes the importance of self care for caregivers It offers guidance on managing stress seeking support and taking time for your own well being By prioritizing your own needs you'll be better equipped to provide the best possible care for your little one while maintaining your own physical and emotional health Written with warmth and empathy Baby Steps celebrates the unique bond between caregivers and children It shares personal anecdotes and relatable experiences reminding you that you're not alone on this journey This book is more than just a childcare manual it's a source of inspiration and support highlighting the profound impact you have on the lives of the little ones in your care Whether you're a first time parent an experienced caregiver or anyone who cares for young children Baby Steps is an essential resource It empowers you with the knowledge skills and confidence to provide exceptional care fostering the healthy development and well being of the precious little ones in your life Embark on this journey with us and discover the joy and fulfillment that comes from nurturing the future generation Baby Steps is your trusted companion guiding you every step of the way If you like this book write a review

Stop Getting Sick Get Healthy Dr. Samuel Shamaun , 2024-04-04 Stop Getting Sick Get Healthy by Dr Samuel Shamaun is a groundbreaking exploration into the science of preventive healthcare and holistic wellness Dr Shamaun drawing from his extensive experience as a physician and wellness advocate provides readers with a comprehensive guide to proactively safeguarding their health and vitality In this illuminating book Dr Shamaun addresses the root causes of illness and offers practical strategies for fortifying the body's natural defenses He emphasizes the importance of adopting a proactive mindset towards health empowering readers to take charge of their well being through informed lifestyle choices and preventive measures Through a combination of scientific research anecdotal evidence and practical advice Stop Getting Sick Get Healthy delves into key areas of preventive healthcare including nutrition exercise sleep stress management and immune support Dr Shamaun explores the interconnectedness of these factors and their profound impact on overall health

and resilience What sets this book apart is its holistic approach to wellness which considers not only physical health but also mental emotional and spiritual well being Dr Shamaun advocates for a balanced lifestyle that nurtures all aspects of human flourishing offering readers a roadmap to optimal health and vitality Whether you re looking to prevent chronic diseases boost your immune system or simply optimize your well being *Stop Getting Sick Get Healthy* offers invaluable guidance and inspiration Dr Samuel Shamaun s compassionate expertise and practical insights make this book an essential resource for anyone committed to living a life of vibrant health and vitality

Natural Home Remedies for Common Ailments H K Bakhru,1996-07 Natural home remedies are age old traditions that have been passed on by one generation to another They are based on the premise that most natural foods such as fruits vegetables grains seeds and nuts possess many medicinal values These natural foods and substances have been tried and refined as natural cures This book besides mentioning natural home remedies for various ailments prescribes nutritional treatments such as raw juice therapy based on modern research These recommended treatments not only help you save time money and aggravation but also provide you with peace of mind knowing that the remedies you and your loved ones are taking are fresh natural and safe You ll learn to avoid drugs that cause disastrous side effects that you have been vulnerable to

Natural Home Remedies Mark Evans,1996-03 An informative resource that looks at commonly experienced disorders and symptoms and describes an alternative healing method Bodily systems covered are nervous respiratory circulatory digestive reproductive urinary musculo skeletal and the skin Two additional sections on first aid and children s complaints

American Illustrated Magazine ,1923

Baba's Kitchen Medicines Michael Mucz,2022-08-29 Michael Mucz s prolonged primary research into Ukrainian Canadian folk history culminates in Baba s Kitchen Medicines This book bursts with the cultural memory of pioneering folk from Canada s prairieland From fever to frostbite this incomparable compendium of tinctures poultices salves decoctions infusions plasters and tonics will fascinate and often mortify readers from all walks of life The comprehensiveness of Mucz s research and interviews framed with deftly painted historical cultural and botanical backgrounds guarantee that this chapter of the Canadian story will continue to be told for generations to come It is a deep charming and often moving work of intricate anthropology that will stir scholar and non specialist alike

The Household Guide, Or, Domestic Cyclopedia Benjamin Grant Jefferis,James Lawrence Nichols,1899

Baseline study Banda Nyirenda,D.,Sampa,M.,Husken,S.M.C.,

The Country Almanac of Home Remedies Brigitte Mars,Chrystle Fiedler,2011-01-01 The Country Almanac of Home Remedies presents hundreds of natural and time tested methods for treating hundreds of common ailments including burns insect bites skin rashes PMS and upset stomach The book includes thrifty and easy remedies that can be made from items commonly found in the pantry refrigerator and garden Readers get DIY solutions they can use for quick relief of common ailments through natural alternatives without a trip to the pharmacy For example using a paste of crushed up aspirin and water to calm the inflammation of sunburn Each remedy references the latest studies and medical advice to tell readers why it works i

e valerian root is a mild version of the prescription drug valium thus making a cup of valerian tea the perfect remedy for stress PMS and other nervous conditions **Journal of the American Public Health Association** ,1917 **Good Housekeeping** ,1916 **American Magazine** ,1923 **Treating at Home** Paolo Jose De Luna,2016-01-05 Nowadays it is almost not safe to just go wander about everywhere That includes in the comfort of your own home It is almost hard to believe that the most common household ailments can also be the deadliest and the most contagious kind of disease For starters these common ailments are merciless and don t discriminate They can strike at almost everywhere and anyone No one is safe against these common ailments From children to adults everyone should be careful and be mindful when one strikes Of course it s hard when one of our beloved family members gets infected but that doesn t mean it can t be stopped It is equally important for everyone to be always clean and healthy to combat and prevent these common ailments so it doesn t get to the point where one needs to be brought to the hospital So just what are these common household ailments And what do we do to prevent and possibly find a remedy for them Well this book will give you an answer to all your questions This book will help you understand each health condition and their recommended treatments You will also learn some of the best remedies that can help you preventing them **Articles on Russia** Lewis Oliver Hartman,bishop Edgar Blake,1923
Every Woman's Encyclopaedia ,1912

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