



# Home Remedies for some Common

**AILMENTS**



Insta: [nutrisupa.india](https://www.instagram.com/nutrisupa.india)

Facebook: [Nutrisupa.India](https://www.facebook.com/Nutrisupa.India)

LinkedIn: [Nutrisupa](https://www.linkedin.com/company/nutrisupa)

<http://www.nutrisupa.com/>

[www.sororedit.com](http://www.sororedit.com)





## 1) For Productive **COUGH**:

### Ingredients:

Fresh tulsi leaves –  
5 to 6

Honey – 1 teaspoon

Turmeric – a pinch

Long pepper (Pippali) –  
a pinch – powder then a  
pinch of it, if using whole  
long pepper –1  
Black pepper –  
powder– a pinch,  
{if using peppercorns –  
2 to 3}

### Steps to follow:

- Crush tulsi leaves and extract the juice. To this add turmeric, long pepper powder, black pepper powder.
- Add honey and mix it well.
- This mixture can be consumed 2 times in a day, once in the morning and then in the evening.

### Longpepper( Pippali) :

- Take two pieces of long pepper, dry roast it for 30 secs. Crush it to make a powder.
- Mix this mixture with a teaspoon of honey and consume.





## 2) To **INCREASE IRON** level naturally through food

### Amla (Indian gooseberry)

- If consuming juice > 20 to 30 ml with the same amount of warm water, preferably in the morning.
- If consuming powder > 5 gms mixed with about 60ml of water/ buttermilk in the morning.

Added Benefits: Rich in Vitamin C

### Raisins:

- Soak about 7 to 8 black raisins overnight and consume it on an empty stomach.
- Added Benefit: This is an age old remedy to manage menstrual cramps, for improved energy levels, to aid easy bowel movement.





### 3 ) To manage **COMMON COLD, FLU AND COUGH**

#### **Dry ginger (Saunth)**

- Boil 1 inch /1.5 inch piece of dry ginger in 2 glasses of water until the water reduces to half.
- Drink this water 2 to 3 times a day.

#### **Turmeric milk ( Haldi doodh)**

- Add about 1/4th teaspoon of turmeric, a pinch of powdered black pepper, a pinch of dry ginger (saunth) powder to a glass of milk.
- Allow the mixture to boil for about 2 mts. Then, allow it to cool until it is lukewarm and consumed.
- This mixture can be consumed twice, morning and before bed time.





## 4) Acidity/ Indigestion/ Bloating

### Cumin, Coriander seeds and Fennel tea

- Take 1/2 teaspoon of each of the above ingredients, dry roast them on low heat for about 30 secs, switch off the heat and allow the mixture to cool.
- Crush them to make a coarse mixture.
- Add this mixture to hot water and allow the mixture to stand for 10 mts.
- After 10 mts strain the water and consume.
- This tea can be had mid morning or 2 hrs after the meal.



### Ajwain (carom seeds), Hing (asafoetida) & Salt

- Take 1/2 teaspoon of ajwain and roast on low flame for about 30 secs.
- Then crush the seeds in mortar and pestle. To this add a pinch of hing and salt. Mix well.
- Take this powdered mixture followed with a glass of lukewarm water





## 5) For sore **THROAT AND COUGH**

### **Turmeric and Salt water gargle**

- Take about 200ml of water. To this add 1/2 teaspoon of turmeric and 1/2 teaspoon of salt and bring to boil.
- Now switch off the heat and allow the mixture to cool until it is Lukewarm and gargle with it.
- This can be done 2 times in a day, once in the morning and evening.

### **Dry ginger (Saunth)**

- Take 1/4th teaspoon of ginger powder and a teaspoon of honey and mix well to make a paste.
- Consume this 2 to 3 times a day.





**Disclaimer:** None of the advice given in this booklet is to be considered as medical advice. Please do not make any changes to your lifestyle or diet without discussing it with your doctor.





Roopa Rajan, Food Entrepreneur, Nutrition & Cultural Food Enthusiast, shares her vision of bringing 'evolving traditions' on the plate of all. By her mix of epicurean delights with therapeutic ingredients, she wants to restore, repair, and replenish our lifestyle with the food we eat - an amalgamation of historic ingredients and modern taste.

With her core belief in the charm of incredibly rejuvenating Indian spices or local food, Roopa strives to create a sustainable food eating pattern by fusion of curating a healthy, tasty and sustainable diet.

**Roopa** Rajan

Food Entrepreneur, Nutrition &  
Cultural Food Enthusiast

