





Std. IV - Earth



Std. IV - Neptune



Std. IV - Saturn

Home Remedies
Project by Std. 4
2023-24



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Each individual and entity involved contributed in their own unique way, fostering an environment of learning, collaboration, and creativity.

Dear Grandparents, thank you so much for coming and sharing your knowledge with us. Your special knowledge about home remedies and caring words made us feel happy and safe. We appreciate all of you for making our school experience wonderful!

Respected Trustee Sir and Chairman Sir, a big thank you for guiding us. Your advice helps us learn and do better in school.

We want to express gratitude towards our expert, Preeti Saha Ma'am, and our teachers for making learning fun, answering our questions, and helping us grow.

We want to say a big "thank you" for giving us the "Home Remedies" project. It was a lot of fun, and we learnt new things. Your help and guidance made it easier for us. Thanks for making our learning enjoyable!






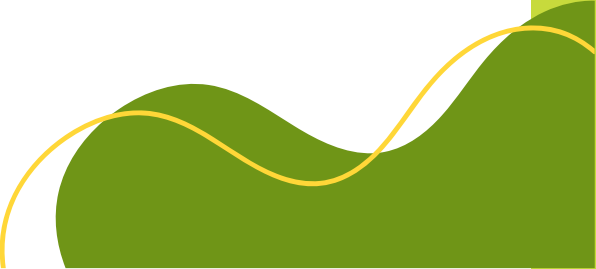
Introduction

Hello Everyone,

Get ready for an exciting journey into the world of home remedies with our Class 4 PBL project! We are thrilled to share our discoveries and insights into traditional remedies that have been passed down through generations. We are happy to share what we have learned about how our families take care of us when we are not feeling well.

A home remedy is a simple solution or treatment made from natural ingredients that are commonly found at home. For certain conditions, like a sore throat, cough, or minor injuries, home remedies can offer quick relief.

It's important to note that, while home remedies can be effective for minor issues, they may not be suitable for more severe conditions. It's always advisable to consult with a healthcare professional for serious health concerns.



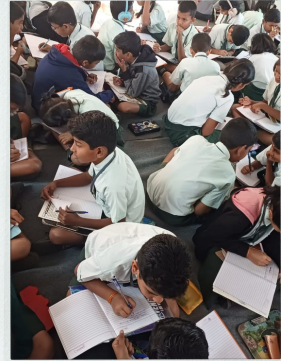
Our Journey



PBL LAUNCH



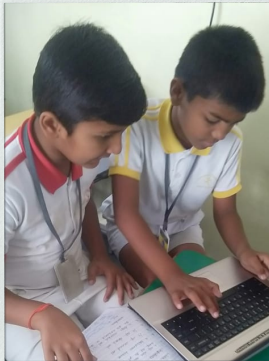
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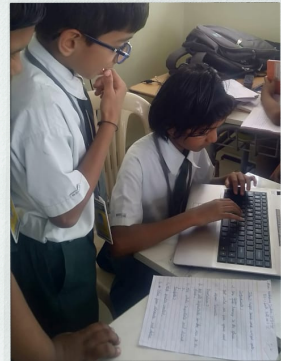
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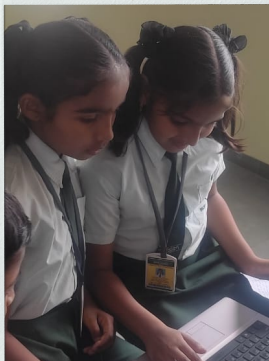
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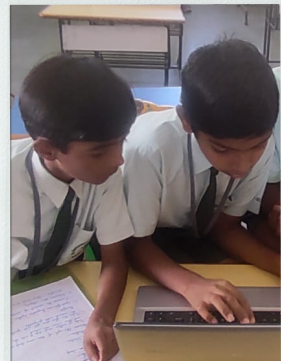
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An Expert Talk by Grandparents

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1. Soothe Your Sore Throat naturally



Ingredients

- 1 cup milk.
- 1 teaspoon turmeric powder.
- ½ teaspoon powdered cinnamon.
- ¼ teaspoon powdered ginger.
- 1 tablespoon jaggery [optional for sweetness]

Instructions

- In a small saucepan, heat the milk over medium heat until it begins to boil gently.
- Stir in the turmeric, cinnamon and ginger. Continue to heat the mixture for 2-3 minutes stirring frequently.
- Remove from heat and let it cool slightly.
- If desired, mix jaggery for sweetness.
- Pour the golden milk into a mug and sip slowly while it's warm.

Benefits

- Turmeric contains vitamin A with anti-inflammatory and antioxidant properties which can help soothe a sore throat.
- Cinnamon has antimicrobial properties and can provide additional relief for throat discomfort.
- Ginger has anti-inflammatory properties and can help alleviate throat pain.
- Jaggery adds sweetness and may also provide some antibacterial benefits.

Duration

- For general health and well-being, individuals often consume golden turmeric milk regularly as part of their daily routine.
- If using it as a remedy for specific conditions like cold or inflammation, you might consider drinking it daily until symptoms improve.

Precautions

- Check for allergies, especially if you have known sensitivities. If you take medications, consult your doctor to ensure there are no interactions. Use turmeric in moderation, listen to your body, and seek professional advice if needed.

Note

- Turmeric may stain clothing and so, handle it carefully.
- This remedy is intended for mild to moderate sore throats. If your symptoms persist or worsen seek medical advice.



2. Clear Sinuses the natural Way



Ingredients

- Oregano oil (2-3 drops) (Ova)
- Hot water (1 bowl)

Instructions

- Boil a bowl of water until it produces steam.
- Add 2-3 drops of oregano oil to the hot water.
- Place your face over the bowl, covering your head with a towel to trap the steam.
- Inhale deeply for 5-10 minutes, allowing the aromatic steam to reach your sinuses.

Benefits

- Oregano oil is known for its natural antimicrobial properties, helping combat bacteria and viruses that may contribute to sinus congestion.

Duration

- Inhaling oregano oil steam may offer respiratory support by helping to clear nasal passages and ease breathing.
- Perform the steam inhalation once or twice a day, depending on the severity of your sinus congestion.

Precautions

- If using oregano oil at home, be careful by diluting it to avoid skin irritation, don't use too much, and check with a doctor, especially if you're pregnant, nursing, or taking medications, to make sure it's safe for you.

Note

- This remedy is intended for short-term relief. If sinus issues persist or worsen, seek advice from a healthcare professional.



3. Toothache



Ingredients

- Clove oil
- Jojoba oil
- Cotton ball or swab

Instructions

- Mix a few drops of clove oil with jojoba oil to create a diluted mixture.
- Soak a cotton ball or swab in the diluted clove oil mixture.
- Gently apply the soaked cotton ball or swab to the affected tooth or gums, focusing on the area experiencing pain.
- Allow the clove oil mixture to sit on the affected area for 15-20 minutes.
- Spit out any excess saliva or oil after the application. Rinse your mouth with warm water if desired.

Benefits

- Clove oil possesses analgesic properties, providing temporary relief from toothache.
- Jojoba oil serves as a gentle carrier oil for diluting the potent clove oil, ensuring safe application.

Duration

- The duration for using toothache relief oil can vary. It is typically used as needed for temporary relief.

Precautions

- When using toothache relief oil, be careful not to use too much, and make sure to apply it gently. If you're pregnant, nursing, or have other health issues, ask a doctor before using it.

Note

- This remedy offers temporary relief and does not substitute professional dental care. Consult a dentist if the pain persists or worsens.
- Perform a patch test before use, as some individuals may be sensitive to clove oil.



4. Headache



Ingredients

- 4 cloves of garlic
- 2 tablespoons of coconut oil
- 1 teaspoon of peppermint essential oil
- 1 teaspoon of lavender essential oil

Instructions

- Crush garlic cloves into a paste.
- Heat coconut oil in a pan until melted.
- Add garlic paste, let it simmer (slow-cook) for 5-7 mins.
- Allow a mixture or liquid to cool for a short period before using a strainer or similar tool to separate any solid particles or impurities from the liquid.
- Mix in peppermint and lavender oils.
- Apply a small amount of the prepared oil mixture onto your forehead and massage gently.
- Store in a container.

Benefits

- Garlic may help with headaches.
- Coconut oil soothes the skin.
- Peppermint and lavender oils calm headaches.

Duration

- -NA

Precautions

- Test on a small area first.
- Keep away from eyes and broken skin.

note

- Don't ingest (drink). Only for external use.
- Stop if there are any problems.
- See a doctor for severe headaches.



5. Boost Your Health from Within



Ingredients

- ½ cup dried elderberries (aadus)
- 2 cups water
- 1 cinnamon stick
- 2-3 cloves
- 1 slice of fresh ginger
- ½ cup honey

Instructions

- Combine elderberries, water, cinnamon stick, cloves, and ginger in a saucepan. Boil, then simmer for 30-40 minutes until liquid reduces by half.
- Cool mixture, strain, stir in honey until dissolved, then store in the fridge.

Benefits

- Elderberries are rich in antioxidants and vitamins, particularly vitamin C which can help boost the immune system and fight off cold and flu.
- The cinnamon cloves, and ginger add additional immune boosting properties and can help soothe sore throats and coughs.

Duration

- For general immune support and as a preventive measure, consider taking one teaspoon of Elderberry Wellness Syrup daily during the cold and flu season.

Precautions

- If you're using elderberries as medicine at home, make sure they're cooked or prepared the right way. Don't eat them raw. Talk to a doctor if you're pregnant, nursing, or taking medicine to be sure it's okay for you.

note

- If you're allergic to any of the ingredients used, talk to a doctor.
- It's yummy but only for kids older than one year.



6. Dengue



Ingredients

- Fresh papaya leaves (about 2-3 leaves)
- Clean water

Instructions

- Wash the papaya leaves thoroughly to remove any dirt or contaminants.
- Cut the leaves into small pieces, discard the stems.
- Crush the papaya leaves to extract the juice. You can use a mortar and pestle or a blender for this process.
- Mix the crushed leaves with a small amount of clean water to create a concentrated extract.
- Strain the mixture to separate the liquid from the solid particles.
- Consume 1-2 tablespoons of the papaya leaf extract twice a day. You can mix it with honey or a fruit juice to improve the taste.

Benefits

- Papaya leaf extract may help increase platelet count in individuals with dengue fever.
- The extract is believed to have anti-inflammatory properties that may aid in reducing symptoms associated with dengue.

Duration

- The recommended duration typically ranges from 3 to 7 days, but this can depend on the severity of the symptoms and the individual's response to the remedy.

Precautions

- Eat ripe papaya in small amounts, make sure it's clean, and drink lots of water. If you feel sick or the symptoms get worse, see a doctor right away.

note

- It's important to stay well-hydrated and seek medical attention promptly if you experience severe symptoms of dengue, such as persistent vomiting, abdominal pain, or bleeding.



7. Fever



Ingredients

- Giloy stems (Gulvel or Guduchi): 10-15 cm (fresh or dried)
- Water: 2 cups

Instructions

- Wash the Giloy stems thoroughly.
- Cut the stems into small pieces.
- In a pan, add 2 cups of water and the chopped Giloy stems.
- Boil the mixture until the water reduces to half.
- Strain the decoction to remove the stems.
- Allow it to cool to room temperature.

Benefits

- Helps in reducing fever. It supports and enhances the immune system.

Duration

- 1-2 tablespoons twice a day. Continue for a few days until the fever subsides.

Precautions

- It is always advisable to consult with a healthcare professional before starting any herbal remedy.

note

- Pregnant and nursing women should consult their healthcare provider before using Giloy. Stick to the recommended dosage to avoid any adverse effects.



8. Refreshing Eye Mask



Ingredients

- ½ cucumber
- 2 tablespoons aloe vera gel [fresh or store bought]
- Cotton pad or soft cloth

Instructions

- Peel the cucumber and cut it into thin slices.
- Blend the cucumber slices to create a smooth puree.
- Mix the cucumber puree with aloe vera gel in a bowl.
- Refrigerate the mixture for about 30 minutes for a cooling effect.
- Take cotton pads or a soft cloth and soak them in the mixture.
- Place the soaked pads or cloth over closed eyes , ensuring they cover the entire eye area.
- Relax for 10 - 15 minutes with the eye mask in place.
- Gently remove the mask and rinse your face with cool water.

Benefits

- Cucumber has a cooling effect that can help reduce puffiness and soothe tired eyes.
- Aloe vera gel is known for its hydrating inflammatory properties (having features that can help calm or reduce inflammation), promoting a refreshing sensation .

Duration

- Apply the cucumber and aloe vera eye mask for 15-20 minutes.

Precautions

- Make sure everything is clean and hygiene is maintained while making this mask.
- Avoid putting the mixture directly in your eyes, and test a small amount on your skin first. If you feel any discomfort or irritation, remove the eye mask immediately.

Note

A refreshing eyemask made with cucumber slices and chilled tea bags can help reduce puffiness and soothe tired eyes.



9. Increase Immunity



Ingredients

- 1 cup fresh or frozen mixed berries (blueberries, strawberries, raspberries)
- 1 cup fresh spinach leaves, washed
- 1 medium banana
- 1 tablespoon chia seeds
- 1 cup water or coconut water
- Ice cubes (optional)

Instructions

- In a blender, combine mixed berries, fresh spinach, banana, chia seeds, and water or coconut water.
- Blend the ingredients until you achieve a smooth consistency.
- If you prefer a colder smoothie, add ice cubes and blend again until the desired temperature is reached.
- Pour the smoothie into a glass and enjoy immediately.

Benefits

- Berries and spinach offer antioxidants, vitamin C, and other vital nutrients for immune support.
- Chia seeds and bananas contribute omega-3s, fiber, and natural sweetness for overall health benefits.

Duration

- Consume this immunity-boosting smoothie regularly as part of a balanced diet.

Precautions

- Adjust the quantities based on personal preferences and dietary restrictions.
- If you have allergies to any ingredients, choose suitable alternatives.

Note

- This smoothie is a delicious way to incorporate a variety of nutrients into your diet.
- As with any dietary changes or concerns, it's advisable to consult with a healthcare professional, especially if you have existing health conditions.



10. Muscle Pain



Ingredients

- 2 Tablespoons coconut oil
- 5-7 Drops peppermint essential oil

Instructions

- In a small bowl mix 2 tablespoon of coconut oil.
- With 5-7 drops of peppermint essential oil.
- Blend the oils well until they form a smooth mixture.
- Gently massage the mixture into the sore muscle.
- For 5-10 minutes.

Benefits

- Coconut oil provides a moisturizing base.
- Peppermint oil can help when your body hurts, like when your head or muscles ache.
- Essential oil contains menthol which provides a cooling.
- Sensation helps relieve muscle tension.

Duration

- Twice in a day for 3–4 days

Precautions

- Ensure to wash your hands thoroughly after applying the oil.
- Avoid getting it in the eyes or mouth.
- Do not apply the oil to broken skin or sensitive areas.

note

- Before using a homemade cooling peppermint muscle rub, do a patch test, dilute peppermint oil, and avoid contact with the eyes. Discontinue use if irritation occurs, and consult a professional if you have health concerns.



11. Wounds



Ingredients

- Aloe vera leaf
- Cotton
- Warm Water

Instructions

- Remove the gel of Aloe vera leaf and keep it aside.
- Take a cotton cloth and dip it into the warm water and then clean the wound.
- Take the Aloe vera and gently apply it on the wound with clean fingertips.

Benefits

- Aloe vera helps to reduce inflammation.
- Increase the amount of collagen (Collagen is a type of protein that supports the health of skin, joints, and hair) in wounds.
- Improves skin integrity.

Duration

- Three times in a day, for 5-10 days.

Precautions

- Do not apply it to the open and deep wounds.
- Aloe vera can cause skin irritation, diarrhoea to those who are allergic to the other plants in the lily family.

note

- If the wound is in worse condition. So, take the injured person to the doctor immediately.



12. Acidity



Ingredients

- Cumin seeds (kala Jeera) 1 teaspoon
- Water 1 cup

Instructions

- Boil one cup of water in a pot .
- Add 1 teaspoon of cumin seeds to the boiling water .
- Allow the mixture to simmer for 5 minutes to extract the properties of cumin .
- Pour the water into a cup .
- Add a dash of lemon juice or honey for flavour [optional].
- Sip the cumin seed infusion slowly, preferable before or after meats.

Benefits

- Cumin seeds are known for their digestive properties. Provides relief from acidity and selected symptoms.

Duration

- Consume the cumin seed infusion once a day.
- For ongoing relief, continue this routine for several consecutive days until you experience a reduction in acidity symptoms.
- The duration for which you should use cumin seed remedies can vary depending on the specific health concern and your individual response.

Precautions

- Pay attention to your body's response and discontinue use if any adverse reactions occur.

Note

- If you are pregnant or having any pre-existing medical conditions consult with a doctor before using cumin seeds as a remedy.



13. How to Avoid Cancer



Ingredients

- Eat Well
- Fill your plate with colorful fruits, veggies, whole grains, and lean proteins.

Instructions

- Drink plenty of water every day.
- Exercise daily, like walking, dancing, or playing sports.
- Don't smoke, and try to stay away from others who do.
- Avoid alcohol
- Use sunscreen and wear hats and long sleeves in the sun.
- See your doctor for check-ups and screenings.

Benefits

- These habits can help lower your risk of getting cancer.

Duration

- Make these habits a part of your everyday life to stay healthy.

Precautions

- Pay attention to your body and any changes you notice.
- Seek medical help if you identify a lump or a growth.

note

- Talk to your doctor if you're unsure about any of these tips or if you have health concerns.



14. To cure Improper Digestion



Ingredients

- 1-inch piece of ginger, peeled and sliced
- 1 teaspoon fennel seeds (Sauf)
- 1 cup water
- Honey (optional, for sweetness)

Instructions

- Bring one cup of water to a boil.
- Add the sliced ginger and fennel seeds to the boiling water.
- Reduce the heat and let it simmer for 5-10 minutes to allow the flavors to infuse.
- Strain the tea to remove ginger and fennel seeds.
- Add honey if desired for sweetness.

Benefits

- Ginger: Contains gingerol, which has anti-inflammatory properties and may help with indigestion.
- Fennel Seeds: Can help relax the muscles in the digestive tract, reducing swelling and gas.

Duration

- Drink this tea after a meal .You can have it once a day or as needed.

Precautions

- If you have allergies to any of the ingredients, avoid using this remedy.

note

- If you have severe digestive issues, it's good to consult with a doctor.



15. For Weight Loss



Ingredients

- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 1 cup warm water

Instructions

- Mix fresh lemon juice and honey in a cup of warm water.
- Stir well until the honey is dissolved.
- Drink this on an empty stomach in the morning.

Benefits

- Lemon: Contains vitamin C. Supports digestion, and may help give extra energy.
- Honey: Has natural sweetness.

Duration

- This drink can be consumed daily in the morning.

Precautions

- If you have any medical history, such as diabetes or allergies, consult with your doctor.

Note

- For best results, a daily walk of 5 km is recommended.



16. Diabetes



Ingredients

- Fenugreek (Methi) seeds
- Half a bowl of warm water

Instructions

- Soak fenugreek seeds in a bowl of warm water.
- Let it soak overnight.
- In the morning, drain the water and eat the seeds (only) on an empty stomach.

Benefits

- Fenugreek seeds helps to reduce sugar level.
- It helps to aid digestion.

Duration

- Once a day until the sugar level reduces.

Precautions

- Do not give to children under 2 years of age.
- Consult your doctor if you're allergic.

Note

- Do not eat sugar in large amounts and stay hydrated.



17. Blood Pressure



Ingredients

- 1-2 teaspoons dried hibiscus (jasvanda) petals.
- 1 cup water
- Honey or lemon for taste (optional)

Instructions

- Boil one cup of water.
- Add dried hibiscus petals to the boiling water.
- Let it steep (absorb) for about 5-10 minutes.
- Strain the tea to remove petals.
- Add honey or lemon for taste if required.

Benefits

- Hibiscus: Some studies suggest that hibiscus tea may help lower blood pressure due to its anti-hypertensive properties.

Duration

- You can drink hibiscus tea 1-2 times per day.

Precautions

- Drinking too much hibiscus tea might make the stomach feel uncomfortable for some people, so drink in moderation (sensibly).

note

- This home remedy is intended to complement a balanced diet and should not replace professional medical advice. If you have persistently low haemoglobin levels, consult a healthcare provider for a thorough evaluation and appropriate treatment.



18. Bleeding of Nose (specially summer season)



Ingredients

- Peepal leaves (also known as sacred fig or Ficus religiosa)
- Ice cubes

Instructions

- Wash and extract juice from peepal leaves. Apply a few drops into bleeding nostril to naturally stop bleeding.
- Use an ice pack on the bridge of the nose to constrict blood vessels and reduce bleeding.

Benefits

- Peepal leaves have stuff in them that makes blood thicker quickly, which helps stop bleeding.
- Putting ice on your nose makes the blood vessels shrink, which slows down the bleeding and stops nosebleeds faster.

Duration

- Repeat the application of peepal leaf juice and an ice pack every 10–15 minutes until the bleeding stops.

Precautions

- If the bleeding continues for more than 20–30 minutes instead of home remedies, go to the doctor immediately.

note

- Nosebleeds can occur for various reasons. If nosebleeds are severe, consult the doctor.



19. Haircare



Ingredients

- Coconut oil
- Castor oil (erandel oil)
- Essential oil (such as lavender, rosemary, or peppermint)

Instructions

- Prepare mixture: Combine equal parts coconut oil and castor oil, add chosen essential oil.
- Apply mixture: Section hair, massage into scalp for 5-10 mins, apply to hair lengths.
- Rinse: Leave on for 30 mins to overnight, rinse with lukewarm water, shampoo, and condition as usual.

Benefits

- Using coconut oil and castor oil can make your hair and scalp healthy because they have good stuff like vitamins and fatty acids.
- Also, oils like lavender, rosemary, or peppermint can help your hair grow better by improving blood circulation.

Duration

- Use this remedy 2-3 times a week for best results. Consistency is key for seeing improvements in hair growth over time.

Precautions

- Massage scalp gently to prevent hair breakage; consult dermatologist for scalp conditions or allergies.

note

- If you experience severe hair loss or scalp issues, (various problems affecting the skin on the top of the head) consult with a dermatologist.



20. Cold



Ingredients

- 1 tablespoon honey
- Juice of half a lemon
- 1 tsp grated ginger
- 1 cup hot water

Instructions

- Add grated ginger in a mug, and pour boiled water on it.
- Add honey and lemon juice to it.
- Stir well and let steep for 3-5 minutes.
- Sip slowly while hot.

Benefits

- Honey soothes the throat, fights infection.
- Lemon provides vitamin C, increase immunity
- Ginger helps your tummy feel better and stops swelling in your body.

Duration

- Drink 2-3 times daily until symptoms improve.

Precautions

- Avoid giving it to infants (new born) under one year.

note

- Take plenty of rest and stay hydrated.



21. Dry Cough



Ingredients

- Turmeric
- Milk
- Honey (optional)

Instructions

- Prepare Turmeric Milk:
- Heat a cup of milk in a saucepan until it starts to simmer.
- Add 1/2 teaspoon of turmeric powder to the milk.
- Stir well until the turmeric is fully dissolved.
- Allow the turmeric milk to cool down to a comfortable drinking temperature.
- Drink it slowly while it's still warm.
- Optional: Honey: you can add 1-2 teaspoons of honey to sweeten the turmeric milk.

Benefits

- Turmeric's curcumin (extract) can calm your throat and make coughing less.
- Milk provides a soothing effect on the throat and contains nutrients like calcium and vitamin D, which support overall immune health.
- Honey (if added) offers additional throat-soothing properties and can help alleviate cough symptoms.

Duration

- Drink turmeric milk once daily, preferably before bedtime, until the dry cough improves.

Precautions

- If you have allergies from milk, avoid using this remedy.

Note

- If your cough persists for more than a few days or is accompanied by other severe symptoms, seek medical advice.



22. Body Itching



Ingredients

- Pure coconut oil
- Aloe vera gel (fresh or store-bought)

Instructions

- Mix equal parts coconut oil and aloe vera gel in a bowl. For example, you can start with 2 tablespoons of each.
- Stir the mixture well to create a smooth blend.
- Apply the mixture to the itchy areas of your body.
- Gently massage the mixture into your skin.
- Leave it on for about 15-20 minutes.
- Rinse off with lukewarm water and pat your skin dry.

Benefits

- Coconut Oil: Contains fatty acids that can help moisturise and nourish the skin, potentially reducing dryness and itching.
- Aloe Vera Gel: Known for its soothing and anti-inflammatory properties, aloe vera can provide relief to irritated (Itchy) skin.

Duration

- You can use this remedy 1-2 times a day, or as needed, depending on the severity of itching.

Precautions

- Perform a patch test before applying the mixture to ensure you don't have an adverse (negative) reaction.
- If you have allergies to coconut or aloe vera, avoid using this remedy.

Note

- This solution can help with itching, but if it doesn't get better or gets worse, talk to a doctor.
- Keep clean, use gentle soaps, and drink lots of water to keep your skin healthy.



23. Skin Care



Ingredients

- 2 Tablespoon Chickpea powder [besan]
- 1 Tablespoon yogurt
- 1 Tablespoon milk
- A pinch of turmeric

Instructions

- In a bowl take 2 tablespoon Chickpea powder.
- Add 1 teaspoon of yogurt, 1 tablespoon milk and a pinch of turmeric.
- Mix it and make a paste.
- Apply it on your face for 15 minutes until it dries.
- Then wash it properly.

Benefits

- Yogurt makes our skin soft and nourishing.
- Turmeric makes our skin glow and shine.

Duration

- Apply it once a day.

Precautions

- Perform a patch test before applying the mask to your face.
- Do not use this remedy if you have allergies to any of the ingredients.

note

- Adjust the quantity of ingredients based on your preferences and skin sensitivity.



24. Dandruff



Ingredients

- One cup of curd
- Two tablespoon of lemon juice

Instructions

- Add one cup of curd and lemon juice together in a bowl .
- Apply it on your hair with the help of a hairbrush .
- Tie your hair lightly with a rubber band for ten to fifteen minutes and wash your hair with shampoo.

Benefits

- Lemon not only helps with dandruff and protects your scalp but also maintains the ph-balance.
- Curd helps to soothe the scalp , reduce itchiness and control dandruff.

Duration

- Once in a week for 10 to 15 minutes.

Precautions

- Ensure that the person consuming the remedy is not allergic to peanuts or any other ingredients.

note

- If the problem of dandruff persists, consult a dermatologist.



25. Body Ache



Ingredients

- 2 tablespoons grated fresh ginger
- Hot water
- Clean cloth or towel

Instructions

- Place the grated ginger in a bowl.
- Add enough hot water to the grated ginger to create a paste.
- Soak the cloth or towel in the ginger-infused water.
- Squeeze out the excess liquid from the cloth.
- Apply the warm, damp cloth to the affected area with body aches.
- Leave the cloth or towel compress on for 15-20 minutes.

Benefits

- Ginger: Contains anti-inflammatory properties and may help reduce muscle pain and soreness.

Duration

- Use the ginger compress as needed for relief from body aches.

Precautions

- If you have sensitive skin, test a small area first to ensure there is no irritation.
- Avoid using very hot water to prevent burns.

Note

- This remedy is not a substitute for professional medical advice. If you have persistent or severe body aches, consult a doctor.



26. Glowing Skin



Ingredients

- 1 tablespoon besan (chickpea flour)
- 1 tablespoon rice flour
- 2 tablespoons milk
- 1 tablespoon honey

Instructions

- **Mix Ingredients:** Combine besan, rice flour, milk, and honey to make a smooth paste.
- **Apply and Massage:** Cleanse your face, then apply the mixture evenly. Gently massage for 1-2 minutes.
- **Rinse and Moisturize:** Leave the mixture on for 15-20 minutes, then rinse off with lukewarm water. Pat dry and moisturize your skin.

Benefits

- **Besan (Chickpea Flour):** Scrubs off dead skin cells for a brighter complexion.
- **Rice Flour:** Clears pores and removes excess oil for smooth skin.
- **Milk:** Softens and hydrates skin, giving it a youthful glow.
- **Honey:** Moisturizes and soothes, keeping skin soft.

Duration

- Use 2-3 times a week for best results.

Precautions

- Test for allergies before use.
- Avoid on broken or irritated skin.
- Reduce usage if you have sensitive skin or consult a dermatologist.
- Moisturize after using the mask.

note

- Use regularly for glowing skin.



27. How to increase Hemoglobin



Ingredients

- Jaggery (Gur): 1 cup (finely grated)
- Peanuts (Moongphali): 1 cup (roasted and peeled)
- Ghee (Clarified Butter): 2 tablespoons
- Cardamom (Elaichi) Powder: 1/2 teaspoon (optional)

Instructions

- Roast Peanuts: In a pan, dry roast the peanuts until they turn golden brown. Allow them to cool and then remove the skin by rubbing between your palms.
- Grind Peanuts: Grind the peanuts.
- Prepare Jaggery Syrup: In a separate pan, melt the ghee and add the grated jaggery. Heat it on low flame until the jaggery melts and forms a syrup. Ensure it doesn't boil for too long.
- Mix Peanuts and Jaggery Syrup. You can also add cardamom powder for flavour.
- Shape into Ladoos: Take small portions and shape them into small round ladoos (balls).
- Store in an airtight container: Once the ladoos have cooled completely, store them in an airtight container.

Benefits

- Rich in Iron: Both jaggery and peanuts are good sources of iron, which helps in increasing hemoglobin levels in the blood.
- Vitamin C Boost: Jaggery contains vitamin C, which enhances iron absorption.
- Consuming these ladoos with vitamin C-rich fruit can further boost their effectiveness.
- Energy Booster: Peanuts provide a good dose of protein and healthy fats, providing sustained energy.

Duration

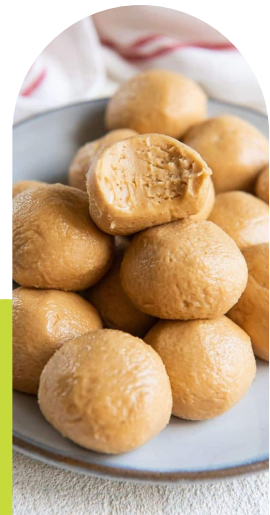
- Consume 1 to 2 ladoos daily for at least 2 to 3 months to observe noticeable improvements in haemoglobin levels.

Precautions

- Ensure that the person consuming the remedy is not allergic to peanuts or any other ingredients.

note

- This home remedy is intended to complement a balanced diet and should not replace professional medical advice. If you have persistently low haemoglobin levels, consult a healthcare provider for a thorough evaluation and appropriate treatment.



28. How to cure piles



Ingredients

- Cumin seeds
- Black pepper
- Honey

Instructions

- Take 1 tablespoon of cumin seeds.
- Take a quarter spoonful of black pepper.
- Make a powder of cumin seeds and black pepper.
- Mix some honey in it.
- Take this powder 3 times a day.

Benefits

- Honey has antimicrobial properties.
- Black pepper is an antimicrobial anti-inflammatory.
- Cumin is well known for its anti-inflammatory properties, which assist in controlling any inflammation caused by allergies.

Duration

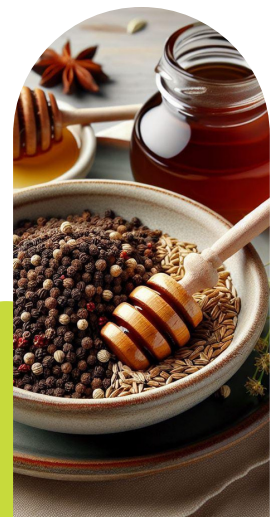
- 4 days

Precautions

- Everyone can take it but those who have an allergy to any ingredients should not apply this remedy.

note

- This remedy can provide relief for piles.
- It is essential to seek medical attention if symptoms persist.



29. For Sparkling Teeth



Ingredients

- Baking soda
- Lemon juice
- Toothpaste

Instructions

- Mix 1 teaspoon of baking soda with a few drops of lemon juice to create a paste. Be cautious with lemon juice as its acidity can erode tooth enamel if used excessively.
- Optionally, add a drop of peppermint essential oil for freshness and taste.
- Use a soft-bristled toothbrush to apply the paste to your teeth.
- Gently brush your teeth for 1-2 minutes, focusing on areas with stains or discoloration.
- Spit out the paste and rinse your mouth thoroughly with water.
- Repeat this process 2-3 times a week for best results.

Benefits

- Prevent cavities.
- Stop tooth loss.
- Brighten your smile.
- Freshen your breath.
- Boost your overall health.

Duration

- 4 days

Precautions

- Do not overuse lemon juice, as its acidity can harm tooth enamel.
- If you have sensitive teeth or gum issues, consult with a dentist before trying this remedy.
- Avoid excessive use to prevent damage to tooth enamel.
- Discontinue use if you experience any irritation or discomfort.

Note

- This home remedy is not a substitute for regular dental care. It can complement your oral hygiene routine but should not replace professional dental cleanings and check-ups.



30. Dry Skin in Winter



Ingredients

- Tablespoons of grated beeswax
- Tablespoons of pure aloe vera gel

Instructions

- In a double boiler melt the grated beeswax.
- Add the pure aloe vera gel in it and stir continuously until both ingredients are well combined.
- Remove the bowl from heat and allow the mixture to cool slightly.
- Let the mixture cool.

Benefits

- Aloe vera soothes your skin and reduces inflammation [aloe vera gel blend until you get a creamy texture].
- Store the mixture in jars and apply it to dry patches.
- Beeswax heals your skin and keeps it moisturised.
- Fights skin ageing (the process of growing old).

Duration

- 2 months

Precautions

- Children - aloe vera gel is possibly safe when applied to the skin appropriately.
- Diabetes - some research suggests that aloe vera might lower blood sugar.

note

- If you have severe dryness or any underlying skin conditions, it's advisable to consult with a dermatologist.



31. Strong Bones



Ingredients

- 1 cup of milk (cow's milk or plant-based milk)
- 1 ripe banana
- 1 teaspoon of sugar (optional, adjust to taste)
- A pinch of cardamom powder

Instructions

- Peel the banana and cut it into small pieces.
- In a blender, combine the banana pieces, milk, sugar (if using), and cardamom powder.
- Blend until smooth and well combined.
- Pour the mixture into a glass and serve immediately.

Benefits

- Milk is rich in calcium and makes our bones stronger.

Duration

- 1 week

Precautions

- Store at cold temperature.

note

- Recommended to consume fresh.



32. Weight Gain



Ingredients

- 1 teaspoon of turmeric powder
- 1 tablespoon of honey
- 1 cup of warm water

Instructions

- Boil the water until it reaches a warm temperature, not boiling hot.
- Pour the warm water into a cup.
- Add 1 teaspoon of turmeric powder to the warm water.
- Mix well until the turmeric powder is fully dissolved.
- Add 1 tablespoon of honey to the mixture and stir until it's thoroughly combined.
- Let it cool down. Consume this mixture once a day, preferably in the morning on an empty stomach.

Benefits

- The remedy combines turmeric, honey, and water to potentially aid in weight management by regulating metabolism and supporting digestion.

Duration

- Can vary depending on various factors such as individual metabolism, starting weight, desired weight gain goals, consistency in following the remedy, and overall health condition.

Precautions

- Allergies: If you are allergic to any ingredient, such as honey or turmeric, avoid using this remedy.

Note

- Results may vary from person to person, and it may take time to see noticeable changes in weight.
- Discontinue use if you experience any adverse reactions and consult with a healthcare professional.



33. Migraine



Ingredients

- 1 teaspoon of ginger powder
- 1 cup of water

Instructions

- Boil the water in a pot or kettle.
- Once the water reaches a rolling boil, remove it from the heat.
- Add 1 teaspoon of ginger powder to the hot water.
- Stir well to ensure the ginger powder is thoroughly mixed into the water.
- Allow the mixture to cool slightly before consuming.

Benefits

- It could protect against heart disease.
- It may be helpful for treating nausea (Vomiting sensation).

Duration

- Repeat as necessary, but do not exceed more than 3-4 doses per day.

Precautions

- Pregnant or breastfeeding women and people with heart conditions and diabetes should not take ginger without consulting their doctor.

note

- If migraines persist or worsen despite using home remedies, seek medical attention for proper diagnosis and treatment.



34. Minor Burns



Ingredients

- Cold water
- Aloe vera gel or fresh aloe vera plant
- Honey (preferably raw and unpasteurized)
- Clean cloth or sterile gauze

Instructions

- Immediately after the burn occurs, run cold water over the affected area for 10-15 minutes.
- Once the burn has been cooled, apply a thin layer of aloe vera gel directly onto the affected area.
- Use Honey: After applying aloe vera, spread a small amount of honey over the burn.
- Cover the Burn: Once the honey has been applied, cover the burn with a clean cloth or sterile gauze. This helps to protect the area from further irritation and contamination.

Benefits

- Cooling the burn with water helps to reduce pain and inflammation.
- Aloe vera has soothing and anti-inflammatory properties, which can provide relief from pain and promote healing.
- Honey has natural antibacterial properties, which can help to prevent infection and facilitate wound healing.

Duration

- Repeat the application of aloe vera and honey every 2-3 hours, or as needed, until the burn gets healed.

Precautions

- Do not use ice or ice-cold water directly on the burn, as this can further damage the skin.
- Avoid applying butter, oil, or toothpaste to the burn, as these can trap heat and increase the risk of infection.
- If the burn is severe (very serious) or covers a large area of the body, seek medical attention immediately.

Note

- This home remedy is intended for minor burns only. Seek medical attention for more serious burns or if there are signs of infection such as increased pain, redness, or swelling.



35. Cracked Feet



Ingredients

- 1/2 cup of Epsom salt (Sendha Namak)
- 1/4 cup of coconut oil
- 5-7 drops of tea tree oil (optional)
- Warm water

Instructions

- Fill a small tub with warm water and add the Epsom salt.
- Soak your feet in the Epsom salt water for 15–20 minutes to soften the skin.
- After soaking, pat your feet dry with a towel.
- Apply coconut oil generously to your feet, focusing on the cracked areas.
- Optionally, add a few drops of tea tree oil to the coconut oil for added antibacterial benefits.
- Gently massage the coconut oil mixture into your feet, ensuring it absorbs well into the skin.
- Put on a pair of clean socks to lock in moisture overnight.
- Repeat this process daily until your cracked feet heal.

Benefits

- Epsom salt helps to soften rough skin and soothe inflammation.
- Coconut oil is a natural moisturiser that hydrates and nourishes dry skin.
- Tea tree oil possesses antibacterial and antifungal properties, which can help prevent infections.

Duration

- 10 -12 days

Precautions

- If you have sensitive skin or are allergic to any of the ingredients, perform a patch test before applying the remedy to your feet.
- Avoid using hot water, as it can strip the skin of natural oils and worsen dryness.
- Do not attempt to forcibly remove dead skin as this can cause further damage and increase the risk of infection.

Note

- Along with this home remedy, make sure to keep your feet well-hydrated by drinking plenty of water and wearing comfortable, breathable footwear. If your condition persists or worsens despite home treatment, consult a healthcare professional for further evaluation and advice.



36. Boosting Energy



Ingredients

- Almonds-100 g
- Cashews-100g
- Pistachio- 100g
- Walnuts-100g
- Dry dates powder-100g
- Black pepper powder-20g
- Dry ginger powder-20g
- Cardamom powder-20g
- Shatavari powder-20g

Instructions

- Heat the pan and dry roast all above ingredients.
- After cooling down grind them into fine powder.
- This powder (1 tablespoon) can be added to 1 glass of milk.

Benefits

- Dry fruits like almonds, cashews, walnuts and dates are rich with essential nutrients such as vitamins, minerals, fibre and healthy fats.
- Almonds are rich in calcium and other minerals essential for bone health.

Duration

- One to two months if stored in refrigerator

Precautions

- Some people may have allergies to certain types of nuts or dried fruits. Beware of any allergies you may have before preparing a dry fruit shake.
- Added Sugars: Some commercially available dried fruits may contain added sugars or sweeteners to enhance flavour. Opt for unsweetened varieties whenever possible to reduce your intake of added sugars.
- Hydration: Dry fruits have low water content compared to fresh fruits, which may lead to dehydration if consumed in excess without adequate fluid intake. Drink plenty of water throughout the day to stay hydrated, especially when eating dried fruits.



note

- If you have any medical conditions or concerns, such as diabetes consult with healthcare professionals.

37. Lip Care



Ingredients

- Honey
- Sugar (optional)
- Coconut oil or almond oil

Instructions

- Exfoliate with Honey and Sugar (Mixture of Honey and sugar) (Optional):
 - Mix equal parts of honey and sugar to create a natural lip scrub.
 - Gently massage the scrub onto your lips in circular motions for a few minutes to remove dead skin cells and promote softness.
- Moisturise with Coconut Oil or Almond Oil:
 - After exfoliation (if using), rinse off the lip scrub with lukewarm water.
 - Apply a small amount of coconut oil or almond oil to your lips, spreading it evenly to lock in moisture and nourish the skin.
- Leave Overnight:
 - For intensive hydration, leave the oil on your lips overnight to allow it to penetrate deeply and repair dry, chapped lips.

Benefits

- Honey hydrates, sugar exfoliates, while coconut and almond oils nourish lips for lasting hydration and protection.

Duration

- Use this lip care remedy as needed, depending on the condition of your lips. For best results, incorporate it into your daily skincare routine, especially during dry or cold weather.

Precautions

- Avoid using the lip scrub if you have sensitive or irritated skin, as the exfoliation may worsen the condition.
- If you have allergies to any of the ingredients, perform a patch test before applying them to your lips to check for any adverse reactions.
- Be cautious not to ingest any of the ingredients, especially if you have allergies or dietary restrictions.

note

- Stay hydrated by drinking plenty of water, and protect your lips from harsh environmental factors.



38. Mouth Ulcers



Ingredients

- Baking soda
- A glass of water

Instructions

- Take an equal amount of baking soda and water. Mix them to create a thick paste.
- Apply this paste to the mouth ulcer and let it dry out.
- Once the mixture has dried, rinse your mouth with water and gargle as well.
- This should be done three times a day for relief.

Benefits

- Improve oral health.
- It also acts as one of the best mouth ulcer cures, as it can reduce the pain significantly. The baking soda neutralises (balances) the acid formed by the ulcer, which eventually treats the condition.

Duration

- This paste should be used for 2-3 days.

Precautions

- Ensure that the water is lukewarm, not too hot, to avoid burning the ulcer.

note

- While this remedy can provide relief for mild mouth ulcers it's essential to seek medical attention if symptoms persist.



39. Leg or Arm Cramps



Ingredients

- Almond Oil- ¼ cup
- Sugar- 1 cup
- Lemon juice- 3 to 4 drops

Instructions

- Mix 2 tablespoons of almond oil with 1 tablespoon of sugar in a small bowl.
- Add 1 tablespoon of lemon juice to the mixture and stir well until the sugar is dissolved.
- Apply the mixture to the affected area (leg or arm) and gently massage for 5-10 minutes.
- Let the mixture sit on the skin for another 5 minutes.
- Rinse off with warm water and pat dry.

Benefits

- Almond oil provides nourishment to the skin and may help relax muscles.
- Sugar acts as a gentle exfoliant (scrub), promoting circulation in the affected area.
- Lemon juice contains vitamin C, which can help alleviate muscle cramps and provide a refreshing sensation.

Duration

- Repeat the process once daily or as needed until relief is obtained. Results may vary for each individual.

Precautions

- Avoid using this remedy if you are allergic to any of the ingredients.
- Test a small patch of skin before applying the mixture to ensure there is no adverse reaction.
- If the cramps persist or worsen, consult a healthcare professional.





Note

- While this remedy may provide temporary relief for leg and arm cramps, it's essential to address any underlying causes of the cramps, such as dehydration or mineral deficiencies. If cramps persist or occur frequently seek medical advice for proper diagnosis and treatment.





Glossary

- **Alleviate:** Alleviate means to make something less severe or more bearable, such as relieving pain, stress.
 - **Antibacterial:** Substances or agents that have the ability to inhibit the growth or kill bacteria.
 - **Anticonvulsant:** An anticonvulsant is a type of medicine that helps people who have seizures. Seizures are when the body shakes or moves uncontrollably, and anticonvulsants are like special medicines that help to stop or control these movements.
 - **Antidepressant:** A type of medicine or that is used to reduce feelings of being unhappy and without hope.
 - **Anti-fungal:** Are medicines that kill or stop the growth of fungi (the plural of fungus) that cause infections.
 - **Anti-anxiety:** An anti-anxiety medicine is a special type of medicine that helps people feel calmer and less worried when they are feeling very anxious or nervous. It's like a helpful medicine that can make people feel more relaxed and comfortable.
 - **Anti-inflammatory:** As an adjective that describes something that causes swelling and pain.
 - **Anti-hypertensive:** Used to lower high blood pressure:
 - **Antimicrobial :** An antimicrobial is an agent that kills microorganisms or stops their growth.
 - **Antioxidant :** Substances that help protect our bodies from damage caused by harmful molecules called free radicals. Free radicals are produced naturally in the body and can also come from external sources like pollution, UV radiation, and unhealthy foods.
 - **Contamination:** Contamination is the process of making something dirty or poisonous, or the state of containing unwanted or dangerous substances.
 - **Dermatologist:** A Dermatologist is a type of doctor that diagnoses and treats conditions that affect your hair, skin, and nails.
 - **Diagnosis:** A judgment about what a particular illness or problem is, made after examining it.
 - **Infuse:** To add or put something into another thing to make it special or different. It's like giving a new and interesting flavor or quality to something.
 - **Metabolism:** Metabolism is the process where your body converts what you eat and drink into energy.
 - **Persist:** Continue firmly in an action or course of action in spite of opposition, difficulty, or discouragement.
 - **Sterile gauze:** A clean and germ-free type of fabric used for medical purposes. It's like a very clean cloth that doctors or nurses use to cover wounds or protect areas after surgery.
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Mrs. Smita Akalkotkar discussing different home remedies with students.



Mr. Tatyarao Rautray explaining outstanding home remedies.



Mr. Padmakar Kulkarni sharing his experience of ingredients.



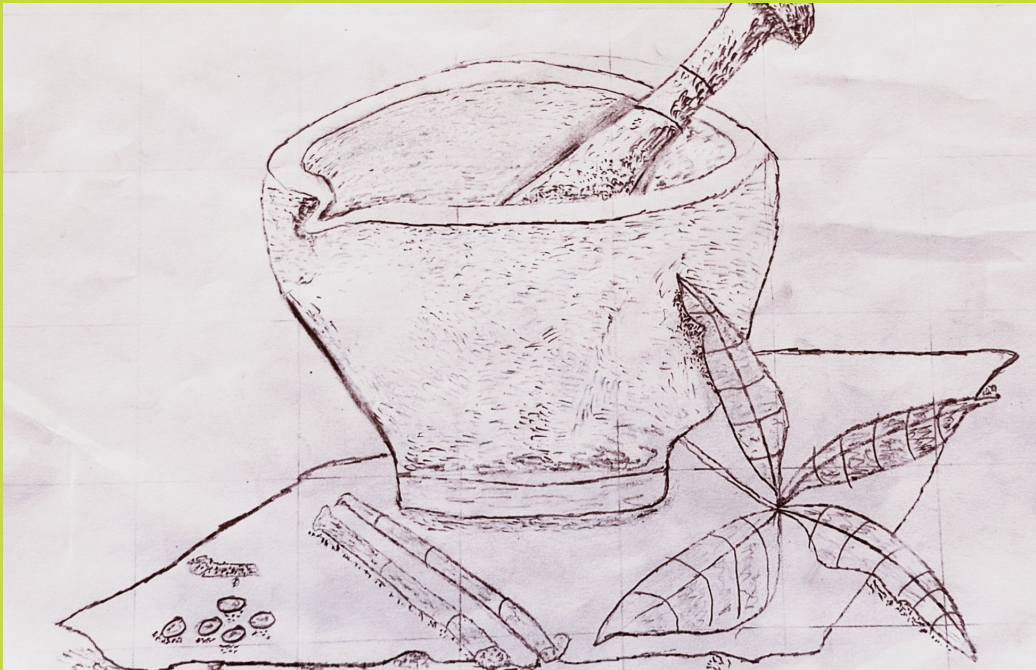
Mr. Kisan Shinde discussing different home remedies with students.



Mrs. Mangal Saboo sharing a home remedy with students.



Mrs. Nirmala Sarosiya & Mr. Rajendra Sarosiya are guiding the students.



Students Drafts

Ingredients:

2 cups of fresh watermelon chunks.
Juice of half a lemon.
A pinch of black salt
1 teaspoon honey

Instructions:

- ① Blend the ^hWatermelon chunks until you get a smooth consistency.
- ② Strain the Watermelon juice to remove ^{all} any pulp.

Art work by Students

