

What to do in FEVER?

Do not eat until you feel Hungry.

- When you feel hungry, take Moong water, add a little black pepper & salt.
*(Boil pre-soaked one fistful moong in 14 parts of water, strain it, drink only water.)
- Drink only water boiled with Dry ginger/ Clove.
(one teaspoon dry ginger powder/3-4 cloves in one litre water.)
- Take herbal tea when you feel thirsty.
(Herbal tea: Lemongrass - 1 to 2 blades, Tulsi leaves - 8 to 10, Mint leaves - 8 to 10, crushed Ginger around ½ inch - Boil in 2 cups water, add jaggery and little lemon juice (5-6 drops).
- Take roasted kurmura.

When you feel hungrier:

- Follow the sequence depending on your hunger, don't skip the sequence.

HUNGER LEVEL	FOOD
No hunger	No Food, Fasting.
Very mild hunger	Moong water*
Mild hunger	Kurmura
Hunger	Porridge**
Moderate hunger	Upma, Poha
Good hunger	Moong Daal, Filtered rice.

HOW TO PREPARE PORRIDGE** - Take Whole green gram(moong) + uncooked rice (1:2) - Roast and grind.

HOW TO COOK: Take 1 part of this flour, cook it in 3 glass of fresh buttermilk OR water, season it, put given spices, and drink it like soup.

For bodyache:

- **Sand fomentation** (After sprinkling buttermilk)
 - Take two fistful of sand, dry roast it for 20- 25 mins on medium flame.
 - Spread it over the thick cotton cloth and sprinkle half a cup of sour buttermilk over it, make pottali and tie it tight.
 - Take fomentation over painful body parts like knee, back, etc. – 2-3 times daily.

For headache:

- **Dry ginger powder paste:**
 - Make thick paste of 1TSP dry ginger powder with sour buttermilk/water, heat it.
 - Apply it over your forehead, allow it to dry, wash it with water after it dries off.

For cold & cough:

INDICATION	REMEDY
Runny nose	Inhale pinch of dry ginger powder through both the nostril.
Blocked nose	Steam inhalation- Lemongrass(1-2 blades) + basil(15leaves) + ginger(1inch) + mint(15leaves) - Boil in one litre of water, take steam - twice or thrice a day.
Cough -Productive cough -Dry cough	Drink- Fresh ginger juice (10- 15 Gms) – once /twice a day -Ajwain 1 teaspoon clove 2-3 boiled in a cup of water with jaggery. -Yastimadhu 1 teaspoon (licorice powder) in ½ cup warm water
Any infectious fever	Ajwain, camphor dhoop in the house.
Runny nose /headache	Clove powder Lep: Powder 10 dry roasted cloves, make paste with water, heat & apply it over forehead, sinus area, allow it to dry, then wash.
-Sore throat -Throat pain	Gargle: Add ½ teaspoon Trifla + ¼ teaspoon Haldi+ 2 pinches Rock salt in ½ glass warm water. Add ½ teaspoon Trifla + ¼ teaspoon Haldi + ½ pinch Alum in ½ glass warm water.
Eye irritation	Eye drops: Overnight Soak 1pinch trifla powder in 10ml of water, strain it. Put 4-5 drops in each eye, 3-4 times a day.

High grade fever:

- Put cotton cloth soaked in buttermilk over the lower abdomen for 10-15 mins.