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LUCKNOW, MONDAY JANUARY 1, 2018; PAGES 16 ₹3

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LUCKNOW | MONDAY | JANUARY 1, 2018

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Herbs with healing touch in winter

PIONEER NEWS SERVICE ■ LUCKNOW

A study carried out by a Vedic researcher and the incharge of the Vedic centre of a city institute shows that there are several herbs which provide the healing touch in winter. Bharat Raj Singh, who has carried out this research arrived at these results through a proper application of these herbs on the people.

He said that it was an acknowledged fact that for minor bodily health disorders these herbs were a fabulous treatment. "Though treating oneself with herbal medicine is absolutely safe but as a precautionary measure it is recommended to consult a doctor before its use." Bharat Raj Singh said that winter cherry was widely used for manufacturing a number of medicines, especially health and anti-inflammatory tonics, medicines for reducing anxiety and for strengthening one's immune system. "To use it, one needs to take a tablespoonful of dried, powdered roots of winter cherry in a cup of water or milk and get it boiled till 10 minutes. Black cohosh is a very useful herbal medicine for the treatment of menstrual disorders and rheumatism. If 1-2 millilitres of its dose can be taken thrice a day one can get rid of these



problems. About 20-80 milligrams of the black cohosh's extract can be taken twice a day for these treatments."

Calendula, he said, was used for mitigating swelling in mouth, neck and stomach. "It is also effective in reducing inflammation in the body. It also treats wounds successfully. It can also be used for treatment of bad breath. It can also be applied to the affected part of the skin as an ointment for treating skin problems," he added. He said that catnip was ideal for treating stomach disorders.

"It can also be taken for treating anxiety. For making its medicine take a cup of water with 4-5 dried leaves of catnip and boil it for five minutes. Add sugar for taste, if required, and take it as a medicine once or twice daily. Cranberry is the best remedy for treating uri-

nary infection. It is also beneficial for chronic prostate. Its dose can be taken with juice in capsule form. Echinacea is an anti-viral and is helpful in increasing immunity of one's body. It is also beneficial in treating respiratory infections. To make its medicinal dose take a tablespoon of dried powered roots of echinacea in a cup of water and get them boiled for 10 minutes. Take one to three cups of this medicine daily. In case of acute winter stroke take 5 millilitres of its dose 3-6 times daily," he said.

Singh said that elderberry was widely used for the treatment of cold. And garlic, he said, was a very powerful anti-septic herb.

"Its widely used for treating cold, sinus, diarrhoea etc. It has anti-bacterial, anti-fungal and anti-oxidant properties. Its regular use helps in regulat-

ing blood pressure. Ginger is a magical herb which has the properties of treating nausea, stomach disorders, inflammation and other gastrointestinal problems. Hibiscus is used for treating blood pressure and it also cures cold. It can also be taken in the form of tea," he said. Kahwa is best for treating anxiety problems. It also relaxes the contraction of muscles. "Its tea is very useful. 1-2 cups of its tea or 100-200 milligrams of its extracts can be used 2-3 times a day for treatment," he added.

He said that Ayurveda was probably the oldest medical treatise in the world. "We have proof for it in the oldest religious book, the Rig Veda. Though the Vedas speak about different herbs in different places, the most famous hymn is the 'the healing plants hymn' in the Rig Veda (10-97).

"Herbs have always been a perfect treatment for bodily ailments. For example Camomile flower is one of the best herbal medicines which has been used for centuries by the young and old alike during winters to calm an upset stomach and to help them sleep. Ginger is a perfect medicine for getting rid of 'morning sickness' and tejpat (bay leaf) is a remedy for removing soreness of throat while hibiscus tea is beneficial in controlling blood pressure.