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Homemade remedies or folklore

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Abstract

Folk medicine is the mixture of traditional healing practices and beliefs that involve herbal medicine, spirituality and manual therapies or exercises in order to diagnose, treat or prevent an ailment or illness. Folk Medicine may also be referred to as alternative medicine, holistic medicine and Eastern Medicine (Named after its historic practice in the countries of Asia, particularly China). Western medicine also referred to as allopathic medicine, scientific medicine or biomedicine, uses healing practices based on scientific evidence and research. Today, this is referred to as conventional medicine. This review paper includes various homemade remedies and folk lore which are still used to cure various disease and disorder.

1. The mustard oil along with rock salt is used as a dental solution for the gum disease.

The seeds contain two antithiamine compound, flavonol glycosides and p-OH benzoic acid. Extraction procedure of extraction of flavonoid:

2. The mustard oil is taken as digestive in small amount.

p-OH benzoic acid use as digestive causes GIT irritation which simulates the walls of GIT.

3. Lemon juice is also used in hyper acidity.

It contains citric acid, which treats hyper acidity

4. Ground nut oil is taken on a daily basis for the treatment of arrhythmia.

The main constituent of kernels are providing over 30 essential nutrients and phytonutrients. Peanuts are a good source of niacin, folate, fiber, vitamin E, magnesium and phosphorus. They also are naturally free of trans-fats and sodium, and contain about 25% protein (a higher proportion than in any true nut).

5. The juice of tamarind leaves warmed by dipping the red hot iron is given in dysentery.

The tender leaves yield protein, fat, fiber, calcium, magnesium, iron, chlorine, thiamine, riboflavin, niacin, vitamin c, carotene, oxalic acid, glycoside, vitesin, isovitexin, orientin

6. The liquid obtain from the maceration of Chana seeds is used as health tonic.

The seeds contain isoliquiritigenin and its 4' glucoside, 3, 4', 7' trihydroxyflavone, daidzein, pratensein, p-coumaric acid, garbenzol, and biochanin-7-glucoside

7. Nimbu juice is made from fruit on adding water and sugar is made into a refrigerant drink.

Nimbu juice contain oil, protein, and vitamin c and fruit shell contain 2-6-dimethoxybenzoquinone, and osthenol.

8. The salted cabbage leaves are used for sore throat.

Cabbage is a good source of vitamin K, vitamin C and fiber. Cabbage is also an excellent source of manganese, vitamin B6, and folate; and a good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, protein, and magnesium.

Vitamin A and riboflavin causes cooling effect and also act as antibacterial treat sore throat.

9. The leaf of cabbage is tied around the throat for treatment of throat infection.

The water content inside the leaves provide cooling effect externally.

10. The leaves of muli is dried in shade and crushed then mixed with equal quantity of sugar and given for 40 days to remove piles.

Radishes are rich in ascorbic acid, folic acid, and potassium. They are a good source of vitamin B6, riboflavin, magnesium, copper, and calcium. One cup of sliced red radish bulbs provides approximately 20 cal, largely from carbohydrates.

Pelargonin is a chemical compound which act as laxative to decrease pain during stool discharge.

11. Sal tree resin is used as ear drop for ear problem.

The sal tree resin consists an essential oil, composed of homocatecholmonomethylether, 4-oxy-3-methoxy-ethylebenzene, 4-oxy-3-methoxy-1-propylbenzene, 4-dimethoxy-1-propylbenzene.

12. Stem bark paste of sal tree is used for healing of ordinary niks and cuts

Amino acid present inside the tree bark are responsible for healing property.

13. Kanakchampa leaves are useful binder and are used to stop bleeding from the wound and there is applied for headache and its flower are eaten.

The flower and leaves contain n-triacontanol, 3, 7-diethyle-7-methyle-1-1-pentaconsanolide, n-hexacosan-1, 26-diol glucopyranoside, fatty acid, arachidic, arachidonic, behenic, linoleic, myristic, palmitic and citric acid.

14. Meetha neem is chewed by the children to cure mouth sore and stop vomiting.

The leaves contain mahanimbidine, mahanimbine, isomahanimbine, mohanimbineine, murrayanine, murrayzolidine, koenimbine, grinimbine, Koinine, mahadine, muconicine and vitamin

15. Bel leaves are chewed by the diabetic patient to control the blood sugar level.

The leaves contain skimmianine, aegelenine, lupeol, sitosterol, and aegelin.

16. Reetha fruit is used as herbal soap for clean of hair. The leaves are smoked by people.

The fruits shell contain saponin, mucrosin, glucose and pectin.

17. An extract of the bark of mango tree with that of jamun in equal ratio in extract form is given in amoebic dysentery.

The stem bark contain butin, fisetin.

The bark of jamun contain friedelin, 3-friedelinol, kaempferol-3-o-glucoside, sucrose, betulinic acid.

18. A small piece of the kernel of mango which has become black is taken in the morning for one month, locally to cure diabetes.

Methyle, propyl, isopropyl, butyl, and isoamyl alcohol are found in seed.

19. The roots of arhar and yellow leaves of the plant are taken in equal quantities and burnt to make its ashes, which is applied with animal fat on the affected areas in sinus fistula.

The leaves contain sterols and other lipidic constituent, phytoalexin and cajanol. The roots contain cajanone.

20. Urad (black gram) plants roots is applied on abscesses and inflammations by the people.

The seedlings contain uridine diphosphate galacturonic acid.

21. The warmed and dried flower of palash is tied over abdomen and swelling of testicles.

The flower contain butin and its 7-glucoside and 3-beta-D-glucoside, butein, isomonospermoside, coreopsin, palastirin, butyrin and iso butyrin.

22. The seeds of palash plant is used as antidote of snake poison and with lime juice to remove dhoby itches.

The seed contain palasonin, aleuritic acid, jalaric acid, laccijalaric acid and its derivative.

23. The leave of chana plant with leaves of neem are used in leprosy. It is considered that the plant exhail acid vapour, which is absorbed by the dew. It is collected in muslin cloth by spreading it on plant overnight and wringing out the moisture early in the morning. The acid solution is used in vomiting and dyspepsia.

The leaves contain oxalic, acetic acid, malic acid, vitamin A, D and E.

24. The paste of the aparajita flower is applied to cure infection of eye and for headache.

Setosterol cure infection of eye.

25. Matter (pea) flour of the seed is applied in the form of cataplasm as emollient.

The stem, seeds and shoots are reported to contain b-amyryn, b-sitosterol, Trigonelline, quercetin, piplartine etc.

26. Shisham leaves are warmed and tied on the brest of women in swelling and the juice is mixed with curd and sugar is given to cure blood dysentery.

The leaves contain isoflavone and sissortrin.

27. Oil os ground nut seed is also used in acute cardiovascular disease.

Peanuts are a significant source of resveratrol, a chemical associated with but not proven to cause a reduction in risk of cardiovascular disease and cancer.

28. The juice of leaves of amaltaas plant is used for the blood purification and purgative.

The purgative action is probably due to abundant 1, 8-dihydroxyanthraquinone and derivatives there of. Many Fabaceae are sources of potent entheogens and other psychoactive compounds such as tryptamines

29. The decoction of the bark of Asoka tree with milk is given during the course of the day in menorrhagia from the fourth of the monthly period till the bleeding cease.

The bark contain alkanes (C20-C35), ester (C34-C60)

- and primary alcohol, n- octacosanol, tannin, catechin, etc.
- 30. The decoction of Asoka bark is used as astringent in cases of internal haemorrhoids.**
n- octacosanol, tannin, catechin.
 - 31. The ash of bark of tamarind plant with salt in earthen vessel is given in 0.6-1.2 gm doses for colic and indigestion.**
The bark contains pelargonidin chloride, and proanthocyanidin (C45 H38 O16).
 - 32. The mixture of this tamarind bark ash with water is used as a gargle for sore throat and as a mouth wash for aphthous sores.**
The bark contain pelargonidin chloride, and proanthocyanidin (C45 H38 O16).
 - 33. The resinous extract from Catechu plant is dried and used for drying wounds.**
Acid hydrolysis of the gum afforded L-arabinose, D-galactose, D-rhamnose, aldobiuronic acid.
 - 34. Acacia twig are used as datun to strengthen the gum and teeth.**
Acaasia twig contain 8 flavanoid besides, catechin and catechutanic acid
 - 35. The rose water mixed with 'lal phitkari' is used as collyrium in eye disease.**
The flower of the plant contain essential oil, citronellol, nerol, geraniol, b-phenylethanol and its glucoside, eugenol, methyl eugenol, organic acid, cholorganic acid, tannin, cynin, cynidine, carotene etc.
 - 36. The fruits of nashpati are taken in form of fresh juice to cure blood pressure and diabetes.**
The fruit contains vitamin C, D and E, ursolic acid.
 - 37. The powder of wood of the Arjuna plant with the Khir, a preparation of milk and rice is given before sunrise for treatment of allergies. The khir should be prepared early day and exposed to full moon.**
The bark contain friedelin, arjunetin etc.
 - 38. Bahera fruits are used locally, in coughs, hoarseness, sore throat and dyspepsia.**
The fruit ellagic acid, new cardiac glycoside.
 - 39. A peel of bahera fruit with a little pulp is given to chew to children in coughs and cold.**
The gallic acid is found in fruits pericarp.
 - 40.** The poultice of Jamun leaves is applied on the scorpion sting as antidote.
 - 41.** The jamun fruits are eaten in diarrhea and diabetes.
 - 42.** The bark of jamun is pounded with water and their extract is given for giddiness.
 - 43.** The paste of jamun leaves is applied on the forehead to cure redness.
 - 44.** The powder of the bark is used as a gargle and washes in leucorrhoea, ringworm and skin disease.
 - 45.** Eucalyptus leaves are added in bath water to relieve pain of the body.
 - 46.** Guava decoction of the roots bark of plant and young leaves is given in chronic diarrhea.
 - 47.** A cold infusion of the young leaves of guava with the buds of the pomegranate and babul leaves is given in chronic diarrhea to children.
 - 48.** Two four hand full of leaves of mehndi plant is boiled in six to eight glassful of water to prepare decoction which is mixed with meat stew and taken orally in yellow fever.
 - 49.** The extract of the leathery pericarp of pomegranate fruit is taken orally at bed time to cure pin worm disease.
 - 50.** The powder extract of the flower of pomegranate bud is used by natives is dysentery and diarrhea.
 - 51.** The decoction of the pericarp of the fruit of pomegranate 30 gm in 1 litre of water and aromatized by lemon or orange juice and it is taken 2 cups a day as an astringent and treat helminthiasis.
 - 52.** The fresh fruit of singhara are eaten both raw and cooked as nutritive and cardio tonic.
 - 53.** The fruit of kanthkari fruits are eaten and stem joints pasted in water are used as a poultice in joint inflammation.
 - 54.** The kanthkari fruit juice is reported that in excessive menstrual flow about 2 teaspoonsful of ripe fruit mixed in equal amount of warm water are given in bed time for five consecutive days.
 - 55.** Pumpkin fruit is cooked and eaten in constipation their pulp is applied on burning feet and juice of leaves in baldness.
 - 56.** Papita seeds powder is used as laxative and fruit beverage in diarrhea and dysentery.
 - 57.** The bark of stem of papita plant is used in case of sore throat.
 - 58.** Two teaspoon of root bark juice of papita plant is given once a day for five consecutive days as galactagogue to women.
 - 59.** The entire plant of brahmi is boiled in water and their decoction is used in the treatment of leprosy.
 - 60.** Dill seeds are brushed and boiled in water and mixed with roots are applied externally in rheumatic and other swelling of joints.
 - 61.** The leaves of dill plant is moistened with little oil and warmed and are applied to boils and abscesses to promote suppuration.

- 62.** For acne on the back take orally and apply directly on the affected area Colloidal silver, it's used as a natural antibiotic.
- 63.** Kitchen remedies for acne. Take garlic capsules, they boost the immune system and kill the bacteria found in acne.
- 64.** To help the liver eliminate toxins from the blood, take Burdock root and dandelion which contain inulin. This helps to kill bacteria, thus improving the skin.
- 65.** Take the homeopathic remedies Kali bromatum, Sulphur, Antimonium tartaricum, Hepar sulphuris. These help to prevent the formation of pimples or quickly bring them to a head
- 66.** Use Lavender oil to apply directly on the acne area.
- 67.** Severe acne remedies. Put Tea tree oil on the acne affected skin. This is a natural antibiotic. It will destroy a broad range of invading microorganisms, as effectively as benzoyl peroxide, but without the side effects. It reduces redness, itchiness and stinging.
- 68.** Eat foods high in fiber. This will keep the colon clean.
- 69.** Eat Shellfish, soybeans, sunflower seeds, and nuts, these are all rich in zinc which is and antibacterial.
- 70.** For dry skin: 2 ounces aloe vera gel.1 tsp. Vegetable oil or jojoba oil or Saint John's Wort oil.1 tsp. Glycerin ½ tsp. Grapefruit seed extract.8 drops Sandalwood essential oil.4 drops rosemary essential oil. Mix all ingredients and shake well before use. Apply with cotton balls and rinse with warm water.
- 71.** Toners for dry skin: Toners are used to improve the appearance of the skin, to soothe and to nourish. Men can use toners as aftershaves.2 ounces aloe vera gel.2 ounces orange-blossom water.1 tsp. wine vinegar.6 drops rose geranium essential oil.4 drops sandalwood essential oil.1 drop chamomile essential oil.800 UI vitamin E oil. (Puncture a gel capsule with a needle) Mix all ingredients and shake well before use.
- 72.** Homemade cream: 3/4 ounces beeswax, shaved. (Do not use paraffin) 1 cup vegetable oil.1 cup of distilled water.800 UI vitamin E (from a liquid gel) 24 drops rose geranium essential oil. Heat beeswax and oil in a pot until beeswax melts (it should be warm enough to the touch but without discomfort). In a separate pot, heat water until is warm to the touch. Remove the center part of your blender's lid and pour the water in. Turn the blender on high speed and slowly but steadily add the oil and wax mixture. The whole concoction should begin to solidify. Keep adding oil until the mixture does not take any more. Turn off the blender and using a spatula, place the cream in a wide mouthed container.
- 73.** The Throat Soother 2 tablespoons organic coconut oil (where to buy coconut oil) 2 tablespoons raw honey 1 teaspoon organic ground cinnamon mix with the powerhouse coconut oil (for some great lauric acid), ground cinnamon (to also help soothe the throat), and raw honey together until a paste forms. Eat the goodness throughout the day and soothe the throat!
- 74.** Homemade Single-Serving Lemonade 2-3 tablespoons raw honey (or more to taste) 2 organic lemon juice, freshly squeezed water to dilute lemon slices Whisk lemon juice and honey together until well incorporated. Dilute with water to taste and add ice cube and lemon. Sip up!
- 75.** Fresh Ginger Root Tea 1 small hunk organic ginger root, peeled and finely grated hot water take the fresh ginger root, peel a hunk, and then finely grate into a tea brewer. Pour hot water over the grated ginger and let steep for 5 to 8 minutes. Boom! Insta-Ginger Tea! (Combine with peppermint for an extra-pick-me-up).for sore throat.
- 76.** Vapour rub 4 teaspoons grated beeswax 3 tablespoons cocoa, shea or mango butter where to buy shea butter, 7 tablespoons coconut oil 60 drops high quality essential oil (See below for a complete list of option
- 77.** Foot rub 20 drops eucalyptus, 10 drops rosemary, 10 drops lavender, 10 drops tea tree, 10 drops lemon 20 drops each rosemary, lemon and eucalyptus 20 drops each rosemary, peppermint and eucalyptus 20 drops eucalyptus, 20 drops peppermint, 10 drops basil and 10 drops pine needle 15 drops each lavender, rosemary, tea tree and eucalyptus.
- 78.** Baby inhaler 4 teaspoons grated beeswax 3 tablespoons cocoa, shea or mango butter (7 tablespoons coconut oil 30 drops high quality essential oil – 10 drops eucalyptus smithii, 10 drops tea tree, 5 drops lavender, 5 drops chamomile*
- 79.** Eucalyptus – Potent antiseptic, antiviral, and decongestant. According to Valerie Ann Worwood of The Complete Book of Essential Oil & Aromatherapy, the *Eucalyptus smithii* variety should be used on children and avoided until baby is at least two months old
- 80.** Tea Tree - An effective antimicrobial, expectorant and antiseptic. Safe for babies over 6 months.
- 81.** Peppermint - Helps to open nasal passages. Some say this should be avoided while pregnant. Personally I would use it for a brief period during a cold. More on contraindications here. Do not use on babies or young children.
- 82.** Thyme - Powerful antiseptic that helps boost immune function. Useful for colds, flu's and chills. Avoid if you have high blood pressure and do not use more than 10 drops per batch.
- 83.** Basil - Helps open nasal passages. Antiseptic.
- 84.** Rosemary - Antiseptic, helps open nasal passageways. Safe for babies over 2 years. Some say this should be avoided while pregnant. Personally, I would use it for a brief period during a cold. More on contraindications here.

85. Pine- Great for colds and sinusitis. Has decongestant and antimicrobial qualities.
86. Lavender – Antihistamine, antiseptic and antimicrobial. Safe for babies of all ages
87. Slow - No more than 2 drops. I am not an aromatherapist or essential oil expert, but it is my understanding that higher concentrations of this oil should not be used without the supervision of a qualified professional.
88. Marjoram - Antimicrobial. Helps with breathing.
89. Chamomile – Relieves congestion and helps calm cranky patients. Safe for babies of all ages.
90. Lemon – Stimulates immune function, but take care if using in sunlight because it increases sensitivity (safe for children over two years)
91. Sweet Orange – Helps with detoxification (safe for babies)
92. Virgin Coconut Oil contains lauric acid, which is a natural substance that has amazing anti-viral and anti-bacterial properties.
93. Ginger is great for alleviating headaches and reducing inflammation. To make a tea, peel and crush about an inch of fresh ginger root and put it into boiling water. It should work in about the same amount of time as it takes an ibuprofen to take effect.
94. Cayenne is proven to treat pain and inflammation thanks to capsaicin, which inhibits our bodies' ability to feel pain. Mix ¼ teaspoon of cayenne powder into 4 ounces of warm, filtered water. Stir the mixture well with a Q-tip and once the Q-tip is saturated, swab the inside of your nostrils until you feel the fire.
95. One of the many uses of apple cider vinegar is to help alleviate headaches. Pour about 3 cups of boiling water into a large bowl, then add ¼ cup of apple cider vinegar. Put a towel over your head while you have your head over the bowl. Deeply inhale the steam for 5-10 minutes. Then sit down and relax.
96. An extract of the black elderberries produces beneficial immune actions and helps fight influenza and other respiratory viruses.
97. Take a warm detoxification bath with 1 cup of Epsom salts or magnesium salts to relax aching muscles and relieve the chills.
98. Dark circles under the eyes #1: Eight hours of sleep is a must for all of us, especially for people having dark circles under their eyes.
99. Dark circles under the eyes #2: Close your eyes and cover your eyelids with slices of raw potato or cucumber for 15-20 minutes. Wash with warm water and apply a cream. Dark circles under the eyes #3: Grate a cucumber, squeeze to take out its juice and refrigerate. Make a mixture of lemon juice, lanolin cream and

cucumber juice and apply around the eye for 10-15 minutes

100. Dark circles under the eyes: Apply lemon juice on the black circles 2 times day.

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