

Consumption of commonly used kitchen ingredients is an option to provide first aid & emergency home care measures, till medical and (or) technological interventions are obtained. This is for getting symptomatic relief through described mix, manner, timing, duration and precautions; even in situations where cause cannot be ascertained immediately or when antidotes are not available.

Ailments & Conditions

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| <p>I. Blast and Blunt Injuries; Trauma - Muscular Injury, Cuts, Wounds, Bruise etc</p> <p>II. Thermal Injuries – Flash & Indirect (Flame) Burns, Radiation Injury</p> <p>V. <u>A.</u> Biological Agents – Viral or Bacterial; Fever, Abnormal Weight Loss, Unexplained Illness; Biological Infections – Toxins; HIV-AIDS; <u>B.</u> Exposure to Radioactive Substances & Nuclear Incidents; Similar states or conditions otherwise;</p> <p>VIII. Swollen Legs or Ankles;</p> <p>X. Stomach/ intestinal worms;</p> <p>XII. Weakness during viral infections, acute nasal congestion, chills, numbness of hand or feet when exposed to cold, excessive sneezing, sinus, running nose</p> | <p>III. Toxic Gases Fumes & Smoke Exposure or Inhalation</p> <p>IV. Common States - Conditions & Symptoms “<u>A</u>” & “<u>B</u>” Dehydration due to Diarrhea, Dysentery & Fluid loss:</p> <p>VI. Depression & Fatigue</p> <p>VII. Blood Platelet Count falling/ reducing continuously or low; joints pain (large and small) and/or swelling - arthritic conditions; jaundice; hepatitis A, B, C HCV; acute diarrhea or dysentery;</p> <p>IX. Anemia-low hemoglobin quantity/dark pigmented patch - face, arms, hand/back</p> <p>XI. Cough & Cold-Mild and/ or Feverish conditions:</p> <p>XIII. Drinking liquids early morning on empty stomach [waking at odd hours - people working in shifts]; Consumption of milk & milk products after 6.00-6.30 pm or within about 4 hours of sleeping by all - over 3 years of age; Related side effects & remediation.</p> |
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Ingredients

S.No	Name/ Part – Indicative Usage	Dosage	S.No	Name/ Part – Indicative Usage	Dosage
1 H*	Ajwain [whole] in case of Stomach/ intestinal worms	1/2 tsp	19 H*	Lavang [cloves] crushed for use in depression	2 – 4 pcs
2 C*	Amla/ amalaki with skin [fresh juice] – various uses	1/2 tsp	20 C*	Meetha soda [baking soda] for preparing ORS solution	1/2 tsp
3 n*	Ash [fresh-fluffy-fine] local application on burnt area	As Required	21 H*	Methi dana [methrey] powder for diabetes mellitus	1/2 tsp
4 n*	Banana ripe [inner skin] local application -burnt area	As Required	22 H*	Milk 1 Glass for making concentrate of chuara/dry date	200ml
5 C*	Biscuits [suitable none-oily biscuits viz. marie, glucose, baked wheat etc.] –Remediation of side effects	2	23 C*	Mishri powder (threaded rock candy sugar)] for hot effects on body	1/2 tsp
6 H*	Black pepper [powder] - for use in various conditions	1/5 tsp	24 n*	Mustard oil for application of coating with turmeric powder on affected area of a bruise, small cut etc.	As Required
7 C*	Chotti elaechi hari [cardamom green]-hot effects-body	1 to 2	25 C*	Onion raw[white/brown skin]25-30gm-swollen leg/ankle	As Required
8 C*	Coconut unripe [fresh tender water] – various uses	1	26 C*	ORS Packet or Fresh home made - use in dehydration	As Required
9 n*	Cotton cloth [clean] for bandaging the wound and burnt area after applying the related ingredient	As Required	27 n*	Papaya fruit [unripe] mashed for local application on the burnt/ scarred area	As Required
10 H*	Dalchini [cinnamon] piece – half the size of nail of finger of hand for cold effects on body/ feverish etc.	5mm X 10mm	28 C*	Papaya plant/tree (female) fresh leaf– various conditions	6" x 6"
11 C*	Dhaniya dry seeds powder for hot effects on body	1/3 - 1/2tsp	29 n*	Potato raw [meshed/paste] -local application -burnt area	As Required
12 H*	Drumstick tree/plant [fresh raw leaves] –Various uses	5gm approx	30 C*	Salt [common/ table] for preparing ORS solution	1/2 tsp
13 H*	Drumstick tree/plant [seeds from tree dried pods] -"	3 - 5	31 C*	Saunf powder, big variety fennel, for hot effects on body	1/2 tsp
14 H*	Chuara [dry dates]without seed for cold, sinus etc	1	32 C*	Sugar for preparing ORS solution	6tsp
15 H*	Ginger with skin [fresh juice] - in various conditions	1/2 tsp	33 H*	Tulsi [holy basil] fresh leaves & paste – various uses	5 Nos/ 1tsp
16 n*	Honey for application of coating on the burnt area	As Required	34 H*	Turmeric powder - for use in various conditions	1/3 tsp
17 C*	Jeera powder [cumin seeds] for hot effects on body	1/2 tsp	35 n*	Water [clean/ lukewarm/ cold water] cold flushing, swallowing ingredients & preparing ORS, decoction etc.	As Required
18 H*	Kesar (saffron) strands/ leaves for cold/weakness etc.	3 - 4			

* = Effect on the body upon oral consumption in the manner provided: **H** - Hot; **C** - Cold; **n** - not applicable/ not related in kind of usage

“Third Series”

Consultative Process

First Aid & Emergency Home Care

25.03.2013

Revised DRAFT

26.06.2013

Chemical, Biological, Radiological or Nuclear - CBRN Disasters & other Emergency Situations

Consumption of commonly used kitchen ingredients is an option to provide first aid measures, till medical and (or) technological interventions are obtained. This is for getting symptomatic relief, even in situations where cause cannot be ascertained immediately or when antidotes are not available.

Individuals with related allergies or otherwise restrained by doctors must avoid consumption of these ingredients. One should undertake all barrier precautions (as a preventive measure), maintain comfortable environment and proper hygiene; wear appropriate clothing, pursue a light diet regime and avoid direct contact with the flow of air during such period. Due care must be taken to maintain the wound(s) clean and dry. Cold sponging of forehead, arms, neck and under the knees will be required during high fevers.

People weighing more than 45 kgs [including children] can take the suggested measures orally with lukewarm water, after eating a light meal [i.e. at least two biscuits or equivalent; unless stated otherwise] and regular monitoring of inter drug related affects, if taken alongside other interventions. On taking any of the described options if any related discomfort is experienced then, as per prudence and individual requirements, utilize the relevant intervention provided under the heading “IV. Common States”; subheading “A” & “B” Remediation”.

- I. Blast and Blunt Injuries; Trauma - Muscular Injury, Cuts, Wounds, Bruise etc. (also see IV A)** tsp= tea spoon= 5 ml
- A.** Immediately pack turmeric powder, fill and stuff into the injury, apply pressure till bleeding stops and bandage with a clean cotton cloth
 - B.** For a bruise, small cut etc. apply a thin paste twice a day after cleaning, made from mixing turmeric powder with equivalent mustard oil e.g. 1 tsp each or dress with a piece of clean cotton cloth soaked in turmeric decoction or apply a thin coating of honey twice a day and do not cover.
 - C.** Subsequently clean the affected area, let the wound to dry, apply turmeric powder and bandage afresh with a clean cotton cloth, twice a day - for washing wounds, 2 tsp turmeric powder can be added to 1 glass/ 200 ml of clean water. Boil and reduce the mix to 1/4 (one fourth) to make the decoction for leaning the affected area.
 - D.** ORALLY: Simultaneously mix of turmeric powder 1/3 tsp & black pepper powder 1/5 tsp must be swallowed with lukewarm water. In case of blast and blunt injuries 5 seeds of tree dried pods from [⊙]drumstick tree/ plant must also be taken alongside. Frequency would be twice a day, around 8.00AM & 8.00PM, for a minimum of 3 days.
- II. Thermal Injuries – Flash Burns, Indirect (Flame) Burns, Radiation Injury (also see IV A)** tsp= tea spoon= 5 ml
- A.** Immediate: Any one of the following to be used, on the affected area, for the initial 15 – 20 minutes
 - Pour continuously/ flush cold water
 - Apply a coat of honey
 - Apply a meshed raw potato paste, cover with a clean cotton cloth and drip continuously clean water
 - Apply fresh-fluffy-fine ash, cover with a clean cotton cloth and drip continuously clean water
 - Apply/ place the inner skin (soft) of a ripe banana and tie it
 - Slit an onion and apply the sliced surface with soft skin or a mashed paste
 - Burns in the mouth: Maintain continuous contact with chilled milk. This chilled milk can be replenished, if retention for a long period is not possible in the mouth/ swallowed; this must then be followed by intake of all the seeds (black) of 1 to 2 chotti elaechi hari [cardamom green].
 - B.** Later use any one of the following on the affected area externally, twice a day.
 - Apply honey, maintain continuous contact and do not cover.
 - Mix required equal quantity of turmeric powder and mustard oil, mix well and apply
 - Paste of unripe papaya can be applied and bandaged to remove dead skin/smoothen scarring
 - C.** For washing the affected area, 2 tsp turmeric powder can be added to 1 glass/ 200 ml of clean water. Boil and reduce the mix to 1/4 (one fourth) to make the decoction for use.
 - D.** ORALLY: Simultaneously mix of turmeric powder 1/3 tsp & black pepper powder 1/5 tsp; 5 seeds of tree dried pods from [⊙]drumstick tree/ plant must be swallowed with lukewarm water. Frequency would be twice a day, around 8.00AM & 8.00PM, for a minimum of 7 days.
- III. Toxic Gases Fumes & Smoke Exposure or Inhalation** tsp= tea spoon= 5 ml
- Cover mouth and nose with a wet cloth; mouth wash, gargle and rinse eyes with water for 15 – 20 minutes.

- ORALLY: Powders of turmeric 1/3 tsp & black pepper 1/5 tsp, mix well and take orally [swallow] with lukewarm water. Frequency would be twice a day, around 8.00AM & 8.00PM, for 5 to 14 days.

IV. Common States
Conditions & Symptoms “A”

Acid reflux	Acidity	Acne, Pimples	Allergy
Blood in sputum/ cough, 1-2 times	Burns	Cervical Cysts	Constipation
Diarrhea	Dysentery	Eyes [ache, burning, itching]	Fingers-pricking sensation
Gastritis/gas	Hands [heaviness]	Heartburn	Hernia, Stomach cramps
Itching	Mouth Ulcers	Nausea	Muscular Injury, Cuts & Wounds
Nose bleeding due to body heat	Palpation/Hyper anxiety	Pain in Heel(s)	Piles
Prickly Heat	Prostrate Enlargement	Rash; Skin - blisters	Sole-Burning/Pricking Sensation
Sensation-Excessive Heat	Stomach ache/ irritation	Urination [Painful & UTI]	Vomiting-indigestion

“A” Remediation: As per individual requirements and prudence any one of the mentioned eatables can be immediately swallowed with lukewarm water. The frequency shall be twice a day, around 8.00AM & 8.00PM. tsp = tea spoon = 5 ml

- 1/2 tsp mixture [1/3 tsp mishri powder and 2/3 tsp powder - jeera or saunf, big variety or dhaniya dried seeds]
- OR 1/2 tsp powder of jeera or big variety of saunf or dhaniya dried seeds
- OR crushed seeds (black) of 1 to 2 chotti elaechi hari [cardamom green]
- OR 1/2 tsp powder of jeera along with crushed seeds (black) of 1 chotti elaechi hari [cardamom green]
- OR drinking fresh tender unripe coconut water may also be beneficial

On consumption if the condition aggravates, then immediately chew & swallow a piece/ powder of dalchini [cinnamon], half the size of the nail of the finger of hand OR use the option provided under heading “B” Remediation immediately.

Dehydration due to Diarrhea, Dysentery & Fluid loss: As per requirement, drink ORS OR drink fresh tender unripe coconut water OR drink fresh combination of ORS prepared with Common Salt 1/2 tsp, Meetha Soda [Baking Soda] 1/2 tsp & Sugar 6 tsp mixed in 1 liter of clean water. Quantity in first 4 Hours = 75 ml per kilogram body weight (e.g. 60kgs=75x60=4500ml) tsp = tea spoon = 5 ml

* In case of acute diarrhea, dysentery & fluid loss; diarrhea; dysentery; palpation/hyper anxiety; constipation; piles; allergy etc..... Swallow with lukewarm water ► 1/2 tsp powder of dhaniya dried seeds + crushed seeds (black) of 1 to 2 chotti elaechi hari [cardamom green] + a piece/ powder of dalchini [cinnamon], half the size of the nail of the finger of hand + 3 to 5 seeds from tree dried pods of ☉drumsticks plant/ tree

Conditions & Symptoms “B”

Backache	Body Swelling [Water Retention]	Chest Congestion/ Stiffness	Chills	Cough
Cough - Dry	Cough with Mucus	Feverish Conditions	Headache (Half or quarter head)	Nasal congestion
Nose running	Pain in Neck/ Shoulder	Sinus	Sneezing	Throat [soreness]

“B” Remediation(also see XI & XII): As per individual requirements and prudence, immediately, then twice a day, around 8.00AM & 8.00PM.
 ➤ chew and swallow a piece/ powder of dalchini [cinnamon], half the size of the nail of the finger of hand, along with all the seeds (black) of 1 chotti elaechi hari [cardamom green], and
 Swallow with lukewarm water either the mix of 1/3 tsp turmeric powder and 1/5 tsp black pepper powder OR 3 to 5 seeds from tree dried pods of ☉drumsticks plant/ tree

Upon consumption if the condition aggravates, then use any one of the options immediately, as provided above under heading “A” Remediation.

- V. A. Biological Agents – Viral or Bacterial; Fever, Abnormal Weight Loss, Unexplained Illness; Biological Infections – Toxins; HIV-AIDS;
- B. Exposure to Radioactive Substances & Nuclear Incidents; Similar states or conditions otherwise;

A. Biological Agents – Viral or Bacterial; Fever, Abnormal Weight Loss, Unexplained Illness; Biological Infections – Toxins; HIV-AIDS; These ingredients are to be swallowed with lukewarm water twice a day, around 8.00AM & 8.00PM. The duration for Biological Agents – Viral or Bacterial; Fever, Abnormal Weight Loss, Unexplained Illness would be 2 – 5 days. In case of Biological Infections – Toxins; HIV-AIDS; the duration will be 8 – 14 days and is to be repeated every 3 months for 2 years. Item a & b i.e. turmeric powder & black pepper powder are to be mixed together

and rest items are to be taken one after the other. Interval of one hour must be maintained between consumption of other intakes.

	Common Name	Form/ Part	tsp- <i>teaspoon</i>	Quantity approx	<i>Botanical Name</i>
a	Turmeric	Powder	1/3 tsp	1.5 gm	Curcuma longa
b	Black Pepper	Powder	1/5 tsp	0.5 gm	Piper nigrum
c	Ginger [with skin]	Fresh Juice	1/2 tsp	2.0 ml	Zingiber officinale
d	Amla/ Amalaki [with skin]	Fresh Juice	1/2 tsp	2.0 ml	Emblica officinalis
e	Tulsi/ Holy Basil	Fresh Leaves	5	Number of Medium Sized Leaves	Ocimum sanctum
f	☉ Drumstick Tree/Plant Tree Dried Pods	Seeds	5	Number of Seeds (From the Kernel)	Moringa oleifera
g	☉ Drumstick Tree/Plant No. of Stalks	Fresh Leaves	25 – 30	Number of Stalks (For Leaves)	Moringa oleifera

*If juice cannot be obtained/ managed in case of Ginger or Amla/ Amalaki [with skin] then can be used as 1 tsp grated or chopped or in powder form. Drumstick Tree/ Plant is also commonly known as Mulakkaya, Murunga, Munagkaaylu, Mushinga Saang, Nuggekayee, Sahjan, Sahjana, Swanjana, Sajina, Saragvo, Shobhanjana, Shigru, Sujana etc.

Caution: Pregnant Women must avoid consumption of all the ☉ drumstick plant/ tree parts in the third trimester. Consumption of ☉ drumstick leaves is generally accompanied with weight gain.

B. Exposure to Radioactive Substances & Nuclear Incidents; Similar states or conditions otherwise;

These ingredients are to be swallowed with lukewarm water twice a day, around 8.00AM & 8.00PM. The duration will be 8 – 14 days and is to be repeated every 3 months for 2 years. Interval of one hour must be maintained between consumption of other intakes.

1/2 tsp dhaniya dried seeds powder ► 10 minutes later → chew and swallow a piece of dalchini [cinnamon] that is half the size of nail of the finger of hand ► 10 minutes later → consume 2 teaspoons fresh coarse ground paste of a papaya leaf that has been freshly plucked from a female papaya plant/ tree [fruit bearing/ capacity] – also described under heading VII below.

& thereafter

► 10 minutes later → mix of 1/3tsp turmeric powder & 1/5tsp black pepper powder ► 10 minutes later → 1/2 tsp ginger juice ► 10 minutes later → 1/2 tsp amla/ amalaki juice ► 10 minutes later → 5 tulsi/ holy basil fresh leaves ► 10 minutes later → 5 seeds from ☉ drumstick tree/plant tree dried pods ► 10 minutes later → fresh leaves from 25-30 stalks of ☉ drumstick tree/plant - also described under subheading V. - A. above.

VI. Depression & Fatigue

tsp= tea spoon= 5 ml

Oral Consumption of any one of the suitable options can be undertaken. Frequency shall be immediately, then twice a day for a maximum of 3 days

- 1 tsp clean water and 1/2 tsp sugar to be heated till sugar dissolves. Add 2 – 3 crushed lavang [cloves], heat for 15 – 20 seconds and consume while tolerably hot.
- Swallow with lukewarm water Dhaniya dry seeds powder 1/2 tsp, 3 to 5 seeds from tree dried pods of ☉ drumsticks plant/ tree and alongside chew and swallow a piece/ powder of dalchini [cinnamon], half the size of nail of the finger of hand & All the seeds (black) of 1 chotti elaechi hari [cardamom green].
- All the seeds (black) of 1 to 2 chotti elaechi hari [cardamom green] can be chewed and swallowed.
- Crush 4 lavang [cloves] & all the seeds (black) of 1 to 2 chotti elaechi hari [cardamom green], mix and swallow.

For fatigue/ headache associated with diabetes mellitus, mix well and swallow with lukewarm water twice a day 1/2 tsp of methi dana/ methrey and 1/2 tsp saunf, big variety. This mix is to be consumed after soaking overnight in a glass of water [200ml] during summers, hot and/or humid weather.

VII. Blood Platelet Count falling/ reducing continuously or low; joints pain (large and small) and/or swelling - arthritic conditions; jaundice; hepatitis A, B, C HCV; acute diarrhea or dysentery;

An assisting option: Pluck fresh leaves of a Female Papaya plant/tree - on which papaya grows, wash thoroughly and coarse grind on a sil-batta/ silotta (slab of stone with a muller/ uña & batan - commonly used in kitchen for preparing food condiments/ chutney etc). Interval of one hour must be maintained between consumption of other intakes. Once a day for a maximum of 3 days

tsp=tea spoon=5ml

►►► Swallow with lukewarm water 1/2 tsp dhaniya dried seeds powder ► 10 minutes later → chew and swallow a piece/powder of dalchini [cinnamon] half the size of nail of the finger of hand ► 10 minutes later → consume 5 teaspoons of fresh coarse ground paste of papaya leaf [tastes very bitter]

Caution: Please avoid consumption of juice & fine paste of papaya leaves. This coarse paste must not be consumed during pregnancy; lactating

mothers must avoid feeding the kids during the consumption period.

VIII. Swollen Legs or Ankles; 1 onion, preferably white or otherwise brown skin approx 25 - 30gm, after peeling skin, can be eaten raw on empty stomach, 15 - 20 minutes later followed by swallowing 1/2 tsp dhaniya dry seeds powder with lukewarm water or all the seeds (black) of 1 chotti elaechi hari [cardamom green] can be chewed and swallowed; Also simultaneously chew and swallow a piece/ powder of dalchini [cinnamon], quarter, 1/4, the size of the nail of the finger of hand. For a period of 15 to 20 days.

IX. Anemia - low hemoglobin quantity/ dark pigmented patch on face, arms, hands or back:

Consume 5gm approximately of raw leaves of [⊙]drumsticks twice a day, morning & evening, for a period of 5 days.

Caution: Generally accompanied with weight gain. Pregnant Women must avoid consumption of all the [⊙]drumstick plant/ tree parts in the 3rd trimester

X. Stomach/ intestinal worms:

Swallow 1/2 tsp Ajwain with lukewarm water early in the morning on empty stomach, for about 7 days.

XI. Cough & Cold-Mild and/ or Feverish conditions:

Chew and swallow a piece/ powder of dalchini [cinnamon] that is half the size of nail of the finger of hand along with all the seeds (black) of 1 chotti elaechi hari [cardamom green]. As per requirement three times a day i.e. morning, afternoon & evening for 2 - 3 days.

XII. Weakness during viral infections, acute nasal congestion, chills, numbness of hand or feet when exposed to cold, excessive sneezing, sinus, running nose

Boil 1 piece chuara (dry dates) without seed, 3-4 strands of kesar (saffron) and 1 piece [whole] chotti elaechi hari [cardamom green], in a glass of milk till dry dates swell up or milk reduces to half a glass. Add sugar to taste. Drink the milk before going to bed. Once a day as per requirement.

XIII. Drinking liquids early morning [waking at odd hours - people working in shifts] on empty stomach, related side effects & remediation

-Consumption of milk & milk products after 6.00 pm - 6.30 pm or within about 4 hours of sleeping [for people working in shifts] also has a considerable bearing on the conditions stated herein for all - over 3 years of age; including nursing mothers, pregnant women and sick people.

For unrelated uneasiness and one or more signs and/or symptoms viz.

acidity; backache; pain or discomfort in the chest; stomachache; bloating sensation; constipation, piles; irritation in the abdomen (gastritis); headache either in forehead, full or a part of head; swelling under the eye; joint pains - small or large; pain in shoulder; pain in neck; swelling in either/ or face, arm, shoulder, wrist, leg, ankle or foot; swollen finger accompanied with or without pain; popping of eye(s); pain in legs or shins - cramps; lethargy, fatigue, weakness; confused feelings; obesity; muscular wasting; etc.

- Eating of suitable two non-oily biscuits made with basic ingredients only viz. marie, glucose, baked wheat etc. tends to resolve the side effects, when taken early morning on empty stomach. This, 15-20 minutes later, can be followed by usual consumption/ intake of liquids (includes drinking water, the tea, coffee, milk, fruit juices, and carbonated drinks, sharbat, concentrate - kaada etc.).
- People taking medical interventions in the early morning on empty stomach must try to restrict accompanying water intake to 1 teaspoon. Maintain an interval of 30 minutes between the intake of the said biscuits and further 15-20 minutes later can be followed by usual consumption.

If there is no respite in conditions like stomachache; bloating sensation; obesity; or otherwise then continue intake of biscuits alongside eating [⊙]drumstick leaves i.e. also consume 5gm approx. of raw leaves of [⊙]drumsticks twice a day, morning & evening for 7-14 days as per requirement

Caution: Consumption of [⊙]drumstick leaves is generally accompanied with weight gain. Pregnant Women must avoid consumption of all the [⊙]drumstick plant/ tree parts in the third trimester. Read with IV A for related uneasiness, if any.

* * * * *

Praveen Kumar Amar

Disaster Management Consultant

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*Home Remedies Expert **Convener "Drinking Water" Evolution of Guidelines on Minimum Standards NDMA ***Member IAG NSSP NDMA GOI
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Observations & Evaluations

Third Series dated 25.03.2013 Consultative Process, First Aid & Emergency Home Care
Chemical, Biological, Radiological or Nuclear CBRN Disasters & other Emergency Situations

I have gone through the "Third Series" of First Aid & Emergency Home Care by Sh. Praveen Kumar. It is an eye opener. It seems we have forgotten our own home remedies i.e. gift of our ancestors and started following western system of Medicine. These are very useful remedies, especially for anemic adolescents. As per known data available, India has a very large population of anemic girls/women. They face lot of problems during their deliveries and later on. Their health condition also affects their children since birth and many a time there is still birth/miscarriage/Maternal deaths. If they adopt home remedies as suggested in third series, we may have better mother and child health. This message has to be conveyed to smallest and farthest region of India.
Shiv Kumar Scientist 'F' Division of RCH ICMR New Delhi
02.08.2013

This is with regard to document titled - First Aid and Emergency home care dt 25.03.2013, draft as of 18.02.2013, for CBRN Disasters & other Emergency Situations. I have gone through the said document, in my view the interventions and potency of ingredients mentioned against respective states, conditions, sickness, illnesses etc. should be efficacious and it is suggested that the measures stated are potent in providing symptomatic relief in the manner and dosage provided, along with the listed precautions. The respective effects of the ingredients on the body upon consumption provided on pg 5 are also in consonance with their actions. I sincerely wish these benefits the community at large in duress/ trying times.
Dr M.M. Sharma R.O.(Scientist 2) Central Council for Research in Ayurvedic Sciences New Delhi
04.03.2013

Home remedies form an important part in the management of medical emergencies, especially in terms of disasters especially CBRN disasters where qualified medical management may not be available immediately. The remedies enlisted in the document under review, consist of a series of interventions with commonly available household compounds, which would have no harmful side-effects, while providing adequate relief to the consumer. Wide dissemination of the available knowledge is required, so that these home remedies become available to the population at large. The efforts of the personnel involved in this compilation, is to be appreciated, as the document under review is well written, comprehensive and easily followed. I wish this endeavour all success.
Prof. (Dr) K T Bhowmik Additional Medical Superintendent, Safdarjung Hospital, New Delhi
25.02.2013

Second Series dated the 29th of February '2012 - First Aid & Emergency Home Care during Disasters/ Emergent Situations, Consultation Process, A revised and updated version of Document on Emergency Home Remedies during Disasters - First Series dated the 17th of January '2011

I think these house hold remedies are very useful and effective they don't have any side effects If taken for few days. There use should be promoted.

Dr Manjit Singh Additional Medical Superintendent, Safdarjung Hospital, New Delhi-110029

10.01.2012

First Series dated the 17th of January '2011 - Emergency Home Remedies during Disasters

Thank you very much for sending the documents for my comments. Firstly, I would like to congratulate the NDMA team members to think of introducing this document for public welfare. I am sure the information made available to public will be of utmost use to them and will help manage such patients better. After receiving this document first I realized that more specific objective of this document must be revealed to the advisory member. Following are some of my suggestions. - Disaster management must include prevention of the disaster to occur equally with cure. Preventive measures must be included in this document along with the remedies suggested. - Inclusion of means other than herbal remedies suggested must be included. Home remedies doesn't necessarily restrict to eatables. Means to physical protection can also be suggested. For example: Physical protection to avoid spread of viral infection, topical applications of toothpaste, or other cooling gels for burns etc. - Note below the tables states that 'if all items are not available consume what is available'. Later gives a message that taking all the remedial measures are not important and one will be enough. Thus, the most important/effective remedy for respective illness must be highlighted. For example: Moringa oleifera is the only ingredient that provides benefit of removing arsenic from the body, rest all only provide antioxidant benefits. Thus prior must be highlighted in case of arsenic exposure. - A small suggestion: For gastric acidity milk must be diluted with water before oral administration to the patient. - Lastly, I felt that the presentation of the document should be more clear and easy to understand. Hope the above comments might be of some value.

Dr. S.J.S. Flora Scientist 'G' (Associate Director), Head, Division of Pharmacology & Toxicology, DRDE, Jhansi Road, Gwalior-474 002

13.01.2011

Thank you for giving me the opportunity to review 'Emergency Home remedies' during disaster situations. We can also think that during some of disasters like floods, earth quakes, drought etc., availability of these home remedies also questionable. In fact, I have sent your write up to few of my colleagues for their comments on the same. The essence is we do not have authentic data on antiviral activity of spices. However, these have potential antioxidant and anti-inflammatory activities. Black pepper, has its principle phytochemical 'piperine' which inhibits some of pro-inflammatory cytokines that produced by tumor cells. It also interacts with the signaling mechanisms between cancer cells, thereby reduce the chances of tumour progression. It also prevents oxidative stress, mainly caused by saturated fats. Piperine also improve the bio-availability of phytochemicals from other spices. Ginger effects on nausea, vomiting, osteoarthritis, lower the lipid profile. Turmeric, through curcumin helps in immunomodulation, by activating T & B cells and it also down regulate various pro-inflammatory cytokines and chemokines and enhance anti-body response. I hope this information may be helpful to you
Dr. A. Laxmaiah Deputy Director (Scientist 'E'- Epidemiology), Division of Community Studies, NIN - ICMR, Jamai-Osmania (Post), Hyderabad - 500 604

13.01.2011

"Your document on 'Emergency Home Remedies during Disasters' is really a good approach to make people aware of the potentials of home remedies and manage good health without much expense on treatment.

If we consider different illnesses in the country like ours, these are mainly caused due to i) malnutrition (over or under nutrition), ii) infectious diseases and iii) disorders due to stress and iv) exposure to hazardous pollutants/contaminants. In all the cases oxidative stress caused by imbalance between pro and antioxidant level is involved either primary or secondary mechanism. All the herbs/ spices used in your formulations have antioxidant property due to presence of polyphenolic compounds. These plants have been used since ancient times in Ayurvedic preparations also and some have been evaluated scientifically. Like curcumin some active ingredients have also been isolated. You have made a good workable approach by putting all information with doses for different problems. These remedies are working well with most of the people but there may be variations in the response due to their prior use by individual in some form of food because each chemical, food constituent is dealt by drug metabolizing enzymes of the body once absorbed. Any way this is a good approach and one should try these remedies and propagate this knowledge."

Dr Som Nath Singh Scientist E, Head of Nutrition & Biochemistry Division, DIPAS, Brig SK Mazumdar Marg, Timarpur, New Delhi-110054

30.12.2010

Radiation Exposure

Seeds of Tree Dried Pods of Drumstick Tree/ Plant **and** Ginger Juice have been successfully tried on animals and published as radio-protective natural supplements and corroborated by INMAS, DRDO and corroborated by Dr. Rakesh Kumar Sharma, Scientist 'F' and Joint Director, Head, CBRN Defence, Institute of Nuclear Medicine and Allied Sciences (INMAS), Brig SK Mazumdar Marg, Delhi 110 054.

02.06.2010

Dengue

Toxicity, other safety related issues and effectiveness have been collated from CCRAS, certain other sources including experts and own experience

"Based on some anecdotal reports on the internet, we started using Papaya leaves for treatment in patients with Dengue fever and found that the thrombocytopenia responded. However these cases were not properly documented. It would be good to have a controlled evidence based study in the next Dengue outbreak. If found effective this can prove to be a boon for treatment in Dengue fever by cutting cost of blood products, reducing exposure to transfusion transmitted diseases and need for hospitalization".

Dr. Uma Khanduri MD, PhD, Head of Department, Laboratory Diagnostic Services, St. Stephen's Hospital, Delhi

02.12.2009

Viral Infections - H1N1, H5N1 etc

"Regarding the composition of the formula, it can be stated that these are likely to act as immunoenhancers, anti-oxidant and suitable for use in the conditions of viral infections especially having respiratory problems, fever, body ache etc. This should preferably be taken after light food."

Dr. M.M.Padhi, Deputy Director (Tech.), Central Council for Research in Ayurveda & Siddha, New Delhi - 110058.

07.10.2009

"Basic issue in preventive strategy for management of H1N1 flu is modulation of immune response. We have lots of formulation in Indian Systems of Medicine that may be useful. Suggested formulation appears promising."

Dr. Rakesh Kumar Sharma Scientist 'F' and Joint Director, Head, CBRN Defence, INMAS, Brig SK Mazumdar Marg, Delhi 110 054

04.09.2009

"By going through the composition I am of the opinion that this formula must work for most of the viral conditions also."

Dr.Y.K.Gupta, M.D., FAMS, FNAsc, FIPS, Professor and Head, Department of Pharmacology & Former President, Indian Pharmacological society, Editor Indian Journal of Physiology and Pharmacology (Pharmacology), Spokes person- AIIMS, All India Institute of Medical Sciences, New Delhi-29

03.09.2009

Arsenic As Poisoning - Natural Contamination

January' 2008

Seeds of Tree Dried Pods of ^o Drumstick Tree/ Plant are natural chelating agents and capable enough to influence arsenicosis - due to natural contaminant - arsenic poisoning. Necessary inputs were provided by Central Council for Research in Ayurveda & Siddha, New Delhi. This was initially researched and deduced by Dr MM Sirivastava, Head - Department of Chemistry, Dayalbagh Educational Institute, Dayalbagh, Agra - Uttar Pradesh, Further research and successful animal trials were conducted and published by Dr. SJS Flora, Scientist 'F', Defence Research and Development Establishment, Gwalior M.P.

**Symptomatic relief - Bird Flu HPAI A H5N1 Swine Flu A H1N1 & Variants, Dengue, Chikungunya, Pneumonia, Fever, Abnormal Weight Loss
Unexplained Illness, Diabetes Mellitus, Asthma, Radiation Exposure, HIV – AIDS, Hypothyroidism, Dehydration
Trauma -Muscular Injury Cuts and Wounds, Burns, Arsenic Poisoning – Natural Contamination, Myxedema**

low blood platelet count, swelling in large joints, arthritic conditions/ pain in joints, swollen ankles, heaviness in hand, numbness or pricking sensation in fingers/ hand or legs when not exposed to cold, myxedema / swelling in body, stomach/ intestinal worms, nutritional supplement in mal-under nutrition, anemia – low hemoglobin quantity/ dark pigmented patch on face, arms, hands and/or back, stress related hypertension, sexual desires and emotional bursts, cough and cold - mild and/ or feverish conditions, weakness, especially during viral infections, shivering more than normal, numbness of hands and feet when exposed to cold, gastritis/gas, acidity, burning sensation in stomach, throat or stomach/ intestinal irritation, diarrhoea, dysentery, itching, rash, fatigue, acid reflux, contraindications

Consumption of commonly used kitchen ingredients is an option for getting symptomatic relief, to aid general well being, till medical and/ or technological interventions are available and/ or accessible. People weighing more than 45 kgs, including children, can take the following ¶ measures with lukewarm water, after eating a light meal i.e. eating at least two biscuits or equivalent and regular monitoring of inter drug related affects. People with related allergies, limitations or otherwise restrained by doctors must avoid consumption.

- ✓ Before proceeding, utilize for existing conditions and/or keep handy the options provided overleaf under the heading of “PLEASE NOTE”, to minimize related discomfort.
- ✓ Restrict daily early morning water intake, to a few sips only on empty stomach, and then follow regular intake as per physical activity undertaken and fluid needs for 21 days for unrelated uneasiness like headache, back, knee and/or stomach pain, bloating sensation, confused feelings, swollen fingers accompanied with or without acidity or swelling in face / arm/ wrist / legs
- ✓ Maintain comfortable environment, hygiene, wear appropriate clothing, follow a light diet regime, avoid direct contact with the flow of air. Cold sponge forehead, arms & legs in high fevers

¶ Common Name	a	b	c	d	e	f	g	h
	*Turmeric	*Black Pepper	Ginger	Amla/ Amalaki	Tulsi/ Holy Basil	☉ Drumstick - Tree/ Tree Dried Pods	Plant Leaves	Duration
¶ Form/ Part	Powder	Powder	Fresh Juice	Fresh Juice	Fresh Leaves	Seeds	Fresh	Days
Bird Flu HPAI A H5N1 Swine Flu A H1N1 & Variants, ^Dengue, ^Chikungunya, Pneumonia, Fever, Abnormal Weight Loss, Unexplained Illness, ^Ω Diabetes Mellitus, Asthma	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	2	2	-	2 – 5
^γ Radiation Exposure & HIV–AIDS - Repeat every 3 months for 2 years; [#] Hypothyroidism, Arsenic Poisoning - Natural Contamination: Myxedema	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	5	5	45 - 50	7 – 14
@Trauma–Muscular Injury, Cuts, Wounds & ^γ Burns	1/3 tsp	1/5 tsp	-	-	-	-	-	3 - 7
¶ Quantity/ tsp – teaspoon approximately	1.5 gm	0.5 gm	2.0 ml	2.0 ml	Leaves	Numbers -Seeds	Leaves	
¶ Botanical Name	Curcuma longa	Piper nigrum	Zingiberofficinale	Embellica officinalis	Ocimum sanctum	Moringa oleifera		

- ¶ Frequency: During winters and cold days - Twice a day, morning preferably before 8.00AM and evening after sunset
During summers, hot days and in high humid weather - Once a day, in the evening after sunset, preferably after 8.00PM
Maintain a difference period of 1.5 - 2.0 hours between intake of other medications/ medical interventions.
Maintain an interval of half an hour between consumption of all the stated measures (in this document) and eatables

* Item a & b i.e. Turmeric Powder & Black Pepper Powder are to be mixed together and swallowed with lukewarm water. Rest are to be taken one after the other.

@ Turmeric powder can be filled into the Muscular Injury - Cuts & Wounds and Bandaged

#Duration & Manner Gradually taper off by taking alternate days for a week, then after two days, then twice a week, once a week and thereafter once a fortnight

☉ Drumstick Tree/ Plant is also commonly known as Mulakkaya, Murunga, Munagkaaylu, Mushinga Saang, Nuggekayee, Sahjan, Sajina, Saragvo, Shobhanjana, Shigru, Sujana etc.

^ΩDiabetes Mellitus – on experiencing fatigue 1/2 tsp of methi dana/ methrey (*dried fenugreek seeds* *Trigonella foenum-graecum*) and 1/2 tsp saunf (big variety, *fennel* - *Foeniculum vulgare*). As per requirement, mix well and swallow with lukewarm water once a day

^γBurns: For external applications only, apply Honey locally/ on the affected area and maintain continuous contact.

OR For first aid apply externally, a meshed raw potato paste or fresh-fluffy-fine ash, on the affected area cover with a clean cotton cloth and drip potable water continuously.

Dehydration due to Diarrhea, Dysentery & Fluid loss – As per requirement, drink fresh tender unripe coconut water (*Cocos nucifera*) OR Drink ORS OR prepare fresh combination of

Common Salt 1/2 tsp, Meetha Soda / Baking Soda 1/4 tsp & Sugar 6 tsp mixed in 1 litre water. Quantity in first 4 Hours-75 ml per kilogram body weight *One teaspoon=5ml*

.....Please Turn Over For Assisting Options

Praveen Kumar Amar I sincerely wish these benefits you, your family members and friends. Good Luck **Disaster Management Consultant - Natural & Manmade**

* Home Remedies Expert **Convener sub head “Drinking Water” Evolution of Guidelines on Minimum Standards NDMA GOI ***Member IAG NSSP NDMA GOI

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- **^Dengue/ Chikungunya etc., if Blood Platelet Count is falling/ reducing continuously or Low And/ OR Swelling in large joints** then an assisting option: Pluck fresh leaves of a Female Papaya plant/tree - on which papaya grows, wash thoroughly and coarse grind on a sil-batta/ silotta (slab of stone with a muller/ uña & batan - commonly used in kitchen for preparing food condiments/ chutney etc). Swallow two tablespoon of this coarsely ground paste with lukewarm water - tastes very bitter. Once a day for a maximum of two days. **Caution:** Please avoid consumption of juice & fine paste of papaya leaves. Must not be consumed during pregnancy as also lactating mothers must avoid feeding the kids during the consumption period.
- **^Arthritic Conditions/ Pain in Joints** - mix of turmeric powder $\frac{1}{3}$ tsp and black pepper $\frac{1}{5}$ tsp can be taken for 3 - 7 days. During winters and cold days - Twice a day, early morning before 8.00AM and evening after sunset **AND** during summers, hot days and in high humid weather once a day, in the evening, preferably after 8.00PM
- **^Swollen Ankles or Heaviness in Hand:** 1 onion (*Allium cepa*), white or brown skin approx 25-30gm, after peeling skin, can be eaten raw on empty stomach, 15-20 minutes later followed by swallowing $\frac{1}{4}$ tsp Dhaniya Powder (Dry Seeds -*Coriandrum sativum*) with lukewarm water **OR** chewing and swallowing seeds of 1 cardamom (*Elettaria cardamomum*). Up to 14 days
- **^Numbness or pricking sensation** in fingers/ hand/leg, when not exposed to cold: Once only swallow $\frac{1}{3}$ tsp Dhaniya Powder with water **OR** chew & swallow seeds of 1-2 cardamom
- **^Myxedema-Swelling in Body:** Filtered and lukewarm water can be consumed after soaking overnight (about 6 hours) one tsp of Barley grains in a glass of water, half an later, follow with chewing raw a piece of cinnamon, half the size of a phalange of the finger of hand. **Caution:** User discretion is advised in consumption of soaked water of Barley Grains during cold days
- **Stomach/ Intestinal Worms:** Swallow $\frac{1}{2}$ tsp Ajwain, *Trachyspermum ammi* with lukewarm water early in the morning on empty stomach, for about a week
- **Nutritional Supplement in Mal-Under Nutrition:** Leaves, Pods & Seeds of Drumsticks/ Moringa oleifera can be eaten as part of a regular food.
- **Anemia – low hemoglobin quantity/ dark pigmented patch on face, arms, hands or back:** consume 5 gm approx. of raw leaves of Drumsticks twice a day, morning & evening – 5 days
Caution: It is generally accompanied with weight gain. Pregnant Women must avoid consumption of the Drumsticks/ Moringa oleifera plant/ tree parts in the third trimester
- **Stress Related Hypertension:** swallow with water $\frac{1}{3}$ tsp Dry Dhaniya Seeds Powder (*Coriandrum sativum*) once in the morning on empty stomach, maximum for 3 days
- **$\frac{1}{2}$ tsp Dhaniya, Coriandrum sativum,** dry seeds powder, taken orally, raw and uncooked, with lukewarm water for extended periods, tends to suppress sexual desires and emotional bursts
- **Cough & cold - mild and/ or Feverish conditions:** chew raw or equivalent powder of a piece of cinnamon stick/ quill that is half the size of a phalange of the finger of hand. During the winter and cold days three times a day morning, afternoon & evening **AND** during summer, warm days & high humid season twice a day in the morning & evening after sunset
- **Weakness during viral infections OR Shivering, more than normal, numbness when exposed to cold,** boil 1 piece split Dry Dates (*Phoenix dactylifera*) and 1 piece cardamom (*Elettaria cardamomum*) in a glass of milk till dry dates swell up or milk reduces to half a glass. Drink the milk before going to bed. To be taken once a day for a maximum of three days

PLEASE NOTE: On taking any of the stated combination(s) OR even otherwise after eating, but continuously not beyond 3 days, **as per individual requirements and prudence**, either of the mentioned eatables can be immediately consumed, as described hereunder for symptomatic relief especially, in common parlance if gastritis/gas or acidity, burning sensation in stomach, throat or stomach/ intestinal irritation or diarrhoea or dysentery or constipation or itching or rash or fatigue or acid reflux or any other related uneasiness is experienced. This is for use in emergency and then as per necessity, can followed by intake during summers, hot days and in humid weather twice a day, morning around 8.00AM and evening after sunset **AND** during winters and cold days - once a day, in the morning, preferably 10.00-11.00 AM; **1 tsp = One teaspoon = 5ml**

- Drink $\frac{1}{2}$ cup cold milk + $\frac{1}{2}$ cup water, after mixing
- **OR** chew and swallow seeds of 1 - 2 cardamoms (*Elettaria cardamomum*), as per needs
- **OR** swallow with water, $\frac{1}{3}$ tsp mixture [$\frac{2}{3}$ tsp Jeera (*Cumin Seeds*) Grounded Powder **and** $\frac{1}{3}$ tsp Mishri (*Threaded Rock Candy Sugar*) Grounded Powder]
- **OR** swallow with water $\frac{1}{3}$ tsp of dry Dhaniya seeds powder, *Coriandrum sativum*, during summers, hot days and in humid weather **AND** $\frac{1}{4}$ tsp during winters and cold days
- **OR** Swallow a pinch of Meetha Soda / Baking Soda mixed in a glass of lukewarm water.
- **OR** in certain extreme cases filtered water can be drunk after soaking 5-6 hours/ overnight $\frac{1}{3}$ tsp of Dhaniya - Dry Seeds **WHOLE** - *Coriandrum sativum* in a glass of water **OR add** $\frac{1}{3}$ tsp Mishri (*Threaded Rock/ Candy Sugar*) grounded powder to this water, boil and reduce to half and drink as palatable.

If contraindicated then immediately, and thereafter as per requirement twice a day, morning and evening.

- Chew raw or equivalent powder of a piece of cinnamon stick/ quill that is half the size of a phalange of the finger of hand
- **OR** Swallow with lukewarm water, a pinch of south (dry ginger) powder
- **OR** Swallow with lukewarm water, mix of turmeric powder $\frac{1}{3}$ tsp and black pepper $\frac{1}{5}$ tsp
- **OR** Swallow with lukewarm water, 3 - 5 seeds from tree dried pods of drumsticks plant/ tree
- **For Acute diarrhoea or dysentery, an assisting option:** Swallow one teaspoon of papaya leaf coarsely ground paste with lukewarm water - tastes very bitter, twice a day for a maximum of two days. Pluck fresh leaves of a Female Papaya plant/tree, on which papaya grows, wash thoroughly and coarse grind on a Sil-Batta/ Silotta (slab of stone with a muller/ uña & batan - commonly used in kitchen for preparing food condiments/ chutney etc). **Caution:** Please Avoid Consumption of Juice & Fine Paste of Papaya Leaves. The stated remedy should not be used during Pregnancy **AND** Lactating Mothers must avoid feeding the kids during the consumption period.

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Praveen Kumar Amar *I sincerely wish these benefits you, your family members and friends. Good Luck* **Disaster Management Consultant - Natural & Manmade**

* Home Remedies Expert

Convener sub head "Drinking Water" Evolution of Guidelines on Minimum Standards NDMA GOI *Member IAG NSSP NDMA GOI

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Bird Flu HPAI A H5N1 Swine Flu A H1N1 & Variants, Dengue, Chikungunya, Pneumonia, Fever, Abnormal Weight Loss, Unexplained Illness, Symptomatic relief in Diabetes Mellitus and Asthma, Radiation Exposure, Cholera, Trauma -Muscular Injury Cuts And Wounds, Hypothyroidism, Arsenic Poisoning - Natural Contamination, Measles, Anemia, Malnutrition

Diarrhea, Dehydration due to Diarrhea, Dysentery & Fluid loss, Burns, Swelling in Knee, Arthritic Conditions, Swollen Ankles, Numbness or Pricking Sensation in Fingers or Heaviness in Hand, Gastritis/gas or Acidity, Weakness - especially during viral infections, Shivering in cold weather, Fatigue, Stress Related Hypertension, Cough and Cold – mild, Mix Edema

Survival within the means available, through intake of **Nutritional Supplements**, is an option to **aid general well being** till medical and technological interventions are available and accessible. People weighing 40kgs & above, including children, can take the **following ¶measures with water**, after eating a light meal i.e. eating at least two biscuits or equivalent and regular monitoring of inter drug related affects. People with related allergies, limitations if any or otherwise if restraint is advised by doctors must avoid consumption.

Common Name	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>	<i>e</i>	<i>f</i>	<i>g</i>	Duration
	*Turmeric	*Black Pepper	Amla/ Amalaki	Ginger	Tulsi/ Holy Basil	Drumstick - Tree/ Plant	Leaf	
Form/ Part	Powder	Powder	Juice	Juice	Leaf	Tree Dried Pods	Leaves	Days
Bird Flu HPAI A H5N1 Swine Flu A H1N1 & Variants, ^Dengue, ^Chikungunya, Pneumonia, Fever, Abnormal Weight Loss, Unexplained Illness, Symptomatic relief in Diabetes Mellitus and Asthma	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	2	2	-	2 – 5
^Radiation Exposure - Repeat every 3 months for 2 years	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	5	5	25 - 30	7 – 14
**Cholera	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	5	3	25 - 30	2 - 3
@Trauma – Muscular Injury, Cuts And Wounds	1/3 tsp	1/5 tsp	-	-	-	-	-	3 - 7
#Hypothyroidism & Mix Edema	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	5	5	25 - 30	#7 – 14#
^Arsenic Poisoning - Natural Contamination	1/3 tsp	1/5 tsp	1/2 tsp	1/2 tsp	5	5	25 - 30	7 – 14
Quantity/ tsp – teaspoon approximately	1.5 gm	0.5 gm	2.0 ml	2.0 ml	Leaves	Numbers -Seeds	Leaves	
<i>Botanical Name</i>	<i>Curcuma longa</i>	<i>Piper nigrum</i>	<i>Embllica officinalis</i>	<i>Zingiberofficinale</i>	<i>Ocimum sanctum</i>		<i>Moringa oleifera</i>	

¶**Frequency:** During winters and cold days - **Twice a day**, morning preferably before 8.00AM and evening after sunset
During summers, hot days and in high humid weather - **Once a day**, in the evening after sunset, preferably after 8.00PM
Maintain a difference period of 1.5 - 2.0 hours between intake of other medications/ medical interventions.
Maintain an interval of half an hour between consumption of all the stated measures (in this document) and eatables

* **Item a & b** i.e. Turmeric Powder & Black Pepper Powder are to be **mixed** together and **swallowed** with water. Rest are to be taken one after the other.

****Dehydration** due to Diarrhea, Dysentery & Fluid loss – drink fresh tender unripe coconut water (*Cocos nucifera*) **OR** Drink ORS **OR** prepare fresh combination of Common Salt 1/2 tsp, Baking Powder 1/2 tsp & Sugar 3 tsp mixed in 1 litre water– SOS. Quantity in first 4 Hours - 75 ml per kilogram body weight **One teaspoon - 5ml**

@ **Turmeric powder** can be filled into the Muscular Injury - Cuts & Wounds and Bandaged

#**Duration & Manner** – Gradually taper off by taking alternate days for a week, then after two days, then twice a week, once a week and thereafter once a fortnight

⊙ **Drumstick Tree/ Plant** is also commonly known as Mulakkaya, Murunga, Murungai Maram, Mushinga Saang, Nuggekayee, Sahjan, Sajina, Swejan, Saragvo, Shevga, Shobhanjana, Shigru, Sojne Danta, Sujana, Surajana etc

^**Burns: Apply Honey externally** on the affected area/ locally and maintain continuous contact till further medical interventions

.....Please turn over for assisting information

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*Researching Home Remedies: Ethno-medicine for Vral Infections -Hepatitis & Liver Dysfunction, Dengue & related fevers, Swine Flu / Bird Flu; Chronic & Terminal Illnesses; Malnutrition; Poisoning - As, Fl, Cd, Hg, Pb etc

**Convener sub head “Water” NDMA GOI - for evolution of Guidelines on Minimum Standards

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^**Dengue/ Chikungunya etc.** - if Blood Platelet Count is **falling/ reducing continuously or Low And/ OR Swelling in Knee then an assisting option: Pluck fresh leaves of a Female Papaya** plant/tree - on which papaya grows, **wash thoroughly and coarse grind on a Sil-Batta/ Silotta** (slab of stone with a muller/ uña & batan - commonly used in kitchen for preparing food condiments/ chutney etc). **Swallow** two tablespoons of this coarsely ground paste **with water - tastes very bitter. To be taken** once a day **for a** maximum of two days.
WARNING: Please Avoid Consumption of Juice & Fine Paste of Papaya Leaves. The stated remedy should not be used during Pregnancy AND Lactating Mothers must avoid feeding the kids during the consumption period.

^**Arthritic Conditions/ Pain in Joints** - mix of turmeric powder $\frac{1}{3}$ tsp and black pepper $\frac{1}{5}$ tsp can be taken for 3 - 7 days in for symptomatic relief. During winters and cold days - Twice a day, early morning before 8.00AM and evening after sunset and during summers, hot days and in high humid weather once a day, in the evening, preferably after 8.00PM

^**Swollen Ankles, Numbness or Pricking Sensation in Fingers or Heaviness in Hand:** 1 onion (*Allium cepa*) approx 25-30gm, after peeling skin, can be eaten raw on empty stomach/ **SOS**

^**Mix Edema** - filtered water can be consumed after soaking overnight **two tablespoons** of Barley Grains in a glass of water **and one** onion (*Allium cepa*) of approx 25-30gm, net weight after peeling the skin, can be eaten raw on empty stomach/ **SOS. User discretion is advised in consumption of soaked water of Barley Grains during winters/ cold days.**

MEASLES - Orally take the combination of these four items, after washing, grinding thoroughly, mix and heat with one tablespoon of water to consume namely: 1 piece of Long – Cloves (*Syzygium aromaticum*) + 2 leaves of Tulsi/ Holy Basil (*Ocimum sanctum*) + 3 pieces of Black Pepper (*Piper nigrum*) + 4 pieces of Raisin - Sultana/ Munaqqa (*Vitis vinifera*). Powder of 1-2 batashe - sugar cakes can be added to taste. **Once a day**, in the evening, preferably after 8.00PM/ **SOS**

Nutritional Supplement in Mal/Under Nutrition: Leaves, Pods & Seeds of Drumsticks/ Moringa oleifera can be eaten as part of a regular food.

Anaemia – low hemoglobin quantity: Although generally accompanied with weight gain, 5 gm approx. of raw leaves can be eaten raw twice a day - morning & evening

Pregnant Women must avoid consumption of the Drumsticks/ Moringa oleifera plant/ tree parts in the third trimester

Weakness, especially during viral infections OR Shivering in cold weather - boil split Dry Dates (*Phoenix dactylifera*) **1 piece** and cardamom (*Elettaria cardamomum*) **1 piece** in a glass of milk till dry dates swell up or milk reduces to half a glass. Drink the milk before going to bed. To be taken **once a day** for a **maximum of three days**

Fatigue $\frac{1}{2}$ tsp of methi dana/ methrey (*dried fenugreek seeds* *Trigonella foenum-graecum*) **and** $\frac{1}{2}$ tsp saunf (big variety, *fennel* - *Foeniculum vulgare*). Mix well and swallow with water **once a day/ SOS**

Stress Related Hypertension: swallow with water **2.0 gm** $\frac{1}{2}$ tsp approx Dry Dhaniya Seeds Powder (*Coriandrum sativum*) **once** in the **Morning empty stomach/ SOS**

Cough and cold – mild: chew raw or powder of a piece of cinnamon stick/ quill that is half the size of a phalange of the finger of hand. SOS/ During the winter and cold days two times a day morning & evening and during the summer, warm days & high humid season once a day in the evening after sunset/ **SOS**

PLEASE NOTE: On taking any of the stated combination(s) (OR even otherwise, after eating food, but continuously not beyond 7 days), as per individual requirements and prudence, either of the eatables can be consumed as described hereunder for symptomatic relief especially, in common parlance if gastritis/gas or acidity – burning sensation in stomach, throat, heart or murmur or palpitation or stomach or intestinal irritation or diarrhea or itching or any other related uneasiness is experienced.

- Drink $\frac{1}{2}$ half cup cold milk + $\frac{1}{2}$ half cup water **OR** drink 1-2 cups of fresh tender water of a unripe coconut (*Cocos nucifera*) **OR** chew and swallow seeds of 4 cardamom (*Elettaria cardamomum*) – **SOS OR** use in emergency or otherwise during summers, hot days and in high humid weather twice a day, morning after 8.00AM and evening after sunset **and** during winters and cold days - once a day, in the morning, preferably 10.00 - 11.00 AM;
- **Mixture of either of the powders (a) + (b) in equal parts by weight, swallow with water 2.5gm : $\frac{1}{2}$ tsp approx Morning & Evening/ SOS**
 (a) Jeera (*Cumin fruits often called Cumin Seeds*) Grounded to Powder (b) Mishri (*Threaded Rock/ Candy Sugar*) Grounded to Powder
OR (a) Dhaniya (Dry Seeds Powder - *Coriandrum sativum*) Powder (b) Mishri (*Threaded Rock/ Candy Sugar*) Grounded to Powder
- **OR** Dhaniya - Dry Seeds Powder - *Coriandrum sativum* – **swallow with water 2.0 gm : $\frac{1}{2}$ tsp approx once in the Morning/ SOS**
- **OR** in certain extreme cases filtered water can be drunk after soaking overnight $\frac{1}{3}$ tsp of Dhaniya - Dry Seeds **WHOLE** - *Coriandrum sativum* in a glass of water

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