

Decoction (Kadha) preparation for various conditions.

Our body is continuously rejuvenating and healing itself. It is continuously cleansing itself. Having slight fever - say up to 101 degrees, cold, intermittent cough, slight itching, intermittent pain in any part of body, slight loose motion – needs attention, but not concern. This is just a body cleansing process, do not block it. If you are following Naturopathy these symptoms may occur. If necessary, you can take detoxification steps as prescribed below:

1. Light fever with Cough or Cold – We should:

Avoid taking meals -

- *If you have these conditions before noon avoid lunch.*
- *If you have these conditions in the afternoon avoid dinner.*
- *Eat ripe Papaya (when hungry).*
- *Take half a glass luke warm water with lemon (1/2 lemon or a whole lemon) every three hour.*
- *Stay in bed & rest.*
- *Continue this routine till you recover.*

2. Dry Cough: There are two decoctions – which should take them alternately - A & B.

A. The following decoction should be taken at 8.00 am and 2.00 pm.

Ingredients:

- *Two teaspoon of Cumin (Jeera).*
- *Two teaspoon black Sesame seeds.*
- *Jaggery (as needed).*
- *7-8 mint leaves.*

Preparation:

- *Boil cumin, black sesame seeds and mint with 2 cups of water.*
- *Boiled it till it reduces to one cup.*
- *Strain the decoction.*
- *Add jaggery to taste (do not boil jaggery with the decoction).*
- *Drink it warm.*

Note: Do not take Lunch.

- B. Take 150 ml warm water with fresh squeezed lemon (1/2 lemon or a whole lemon) half at 11.00 am & 5.00 pm.

Note: Take dinner at night (with salad first).

3. Cold & Cough: This following decoction should be taken at 8.00 am.

Ingredients

- *Two teaspoon of Cumin (Jeera).*
- *One Himej only or crushed piece of one Himej only*
- *Jaggery (as needed).*
- *7-8 mint leaves.*

Preparation:

- *Boil the above mentioned ingredients with 2 cups of water.*
- *Boiled it till it reduces to one cup.*
- *Strain the decoction.*
- *Drink it warm.*

Note: Take ripe papaya at 11.00 am & 5.00 pm.

Take half glass of lukewarm water with half lemon – at 2.00 pm.

Note: Take dinner at night (with salad first).

4. Gas Formation: There are two decoctions to be taken alternately (A & B).

A. This following decoction should be taken at 8.00 am and 2.00 pm.

Ingredients

- *Two teaspoon Gokharu.*
- *8-10 Vavading seeds.*
- *8-10 Tulsi leaves.*
- *8-10 mint leaves.*
- *Jaggery to taste.*

Preparation:

- Boil the above mentioned ingredients with 2 cups of water.
- Boiled it till it reduces to one cup.
- Strain the decoction.
- Add jaggery to taste (do not boil jaggery with the decoction).
- Drink it warm.

Note: Do not take Lunch.

B. Take drum stick and Makhana or mushroom soup at 11.00 am & 5.00 pm.

NOTE: Take dinner at night (with salad first).

5. Diarrhea (Loose motion)

This following preparation should be taken at 8.00 am and 2.00 pm.

Ingredient: Apple

A. Preparation:

- Boil whole apple in water (Pressure Cooker can be used).
- After boiling take the apple out.
- Crush the apple in a blender.
- Strain the juice.
- Drink it warm.

Note: Do not take Lunch.

B. The following should be taken at 11.00 am and 5.00 pm.

Ingredients

- Two teaspoon cumin (Jeera).
- ½ spoon Nutmeg) – (Jaaiphul).
- 8-10 mint leaves.
- Jaggery (as needed)

Preparation:

- Boil the above mentioned ingredients with 2 cups of water.
- Boiled it till it reduces to one cup.
- Strain the decoction.
- Add jaggery to taste (do not boil jaggery with the decoction).

- *Drink the decoction warm.*

NOTE: Take dinner at night (with salad first).

6. General Uneasiness:

- A. Take 150 ml warm water with fresh squeezed lemon (1/2 lemon or a whole lemon) half at 11.00 am & 5.00 pm
- B. Keep 2 cardamoms in your mouth for 20-30 minutes.

NOTE: Take dinner at night (with salad first).

7. Knee Pain: Steam treatment on the palms (Pressure Cooker required):

- *Fill $\frac{3}{4}$ of the pressure cooker with water.*
 - *Boil the water without the whistle.*
 - *When the steam jet starts coming out of the nozzle – lower the temperature to the point that the steams jet is only 4" or 5".*
- A. *For left knee – hold your right hand over the steam about 2 to 3 inches. Let the stem touch your palms (front and back) – for 10 minutes.*
 - B. *For right knee – hold your left hand over the steam about 2 to 3 inches. Let the steam touch your palms (front and back) – for 10 minutes.*

8. Head Ache: Herbal tea with Jaggery – Helps with headaches and calms the mind.

Ingredients (for one person):

- *Cinnamon sticks – 2/3.*
- *Jaggery.*
- *Fresh Mint leaves.*
- *Water.*

Instructions:

- *Boil 1 $\frac{1}{2}$ cup of Water with 2 or 3 cinnamon sticks and 7 or 8 mint leaves.*

- *Boil till it reduces to one cup.*
- *Finally add jaggery to taste. (Do not boil jaggery with the tea).*

You will develop a taste after 2-3 weeks.