

Home Remedies for Mother and Child Care

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Abstract: This paper presents an overview home remedies for mother and child care.

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1. Introduction

People have always turned to what they could find around them to cure their illness.



It is deeply comforting to know that there are thousands of effective remedies that can help in the common ailments of mother and child.

Home remedies begin at home, and that's often where the secret's stay.

About 80% of the world's population depends on herbal medicine as their primary source of medical problems.

Some of the remedies are very famous that they are practiced world-wide.

2. Scope/Application

All within reach tried and tested and trusted healing methods from your own family's past.

But we become so used to blood tests, potent prescriptions, X-Rays, drugs and all the other trappings of modern medicines that we find to forget or neglect our amazing legacy of home cures. Time tested remedies are just as useful today as they were ever. At least 25% of the drugs in our medicine cabinet contain active ingredients that are similar or identical to these found in the plants.

Example the active substance in aspirin was first derived from white willow bark.

The decongestant of ephedrine is based on chemicals in the Ephedra plant.

The heart drug digitalis is derived from the fox glow.

In fact, big reputed drug companies often send team of scientists to remote locations to hunt for medicinally promising chemicals.

In current medicinal practice traditional healing techniques are sometimes neglected but by large they have not been

forgotten. Most of us are traditional cures for minor aches and pains, but doctors at top research institutions are beginning to realize that they can also help with serious health problem.

Example: Depression – Regular medication is required but studies show that the herb St John's wart may be as effective as drugs for mild to moderate care.



3. Proceeding with Cautions

During pregnancy – Consult your GP or obstetrician for other prescriptions – Talk to your doctor about possible interactions between your prescribed medication and any herbs, supplements. Home remedies are to help you to deal with everyday ailments and improve your overall health, not to mark serious conditions that require medical treatment. Treating a child or infant is always a delicate matter; hence very low dose should be given.

4. Remedies

1) Melasma/Pigmentation



Apply the juice of lemon to the spots at-least twice a day. Lemon juice is mildly acidic and may be strong enough to take off the skins outer layer and remove of lighter spots.



Blend honey and curd to create natural bleach that can lighten the spots 1 tbsf of honey + 1 tbsf of curd apply allow drying for 30 minutes then rinse. Do this once a day.

Aloe Vera gel (Kumari) can be coated taken through from the leaves of fresh the gel contains chemicals that slough away the dead cells and encourage the growth of new, healthy ones and apply the gel once or twice a day.

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Wipe them (spots) with buttermilk. This contains lactic acid, which gently exfoliate sun damaged skin and pigmented areas.

2) *Sun damaged skin*

Mix a little bicarbonate of soda with enough of a 50:50 Solution of hydrogen peroxide and water to form a gritty paste. Dab onto the spots allow to dry then rinse off and the skin dry.



3) *Back Pain*

As the pain reduces ice works really well. If temporarily blocks pain signals and helps to reduce the swelling.



Use several times a day place as ice pack wrapped in a towel on the painful area up to 20 minutes.

Moist heat - Manages - the aching area

4) *Bites/Stings*



As soon as you got and the sting is out. Soak the area in vinegar or solution of sodium bicarbonate in water for few minutes (1 tbs in a glass of water). Bee stings are acidic so need an alkaline neutralizer.

Wasp sting are alkaline so need acidic vinegar to neutralize them. Dip a cotton wool ball into the liquid and tape it to the sting site. It will help to reduce redness and swelling.



Apply an aspirin paste to stop the itching crush one or two aspirin tab, add just enough water to make a paste, then dab the paste on to the sting. The ingredients in aspirin help neutralize the venom.

Apply an ice pack to numb the area and slow down the swelling.



Rub on a slice of onion or crushed garlic, both contains enzymes that seem to break down inflammatory compounds.

Sugar: Just dip your index finger in water then in sugar and touch the sting site.



Apply paste of activated charcoal to bites and stings to draw out any remaining poison that can cause inflammation and infection.



Instead of scratching, try putting a small amount of eucalyptus oil (nilgiri taila), clove oil or peppermint oil on a cotton ball and apply it to the site.



Cosmetic clay (multani meethi) mix tea spoon with enough water to form a paste, add 2-3 drops of oil and paint it on the sting site and allow it to dry.



Underarm deodorants, contains ingredients that reduce skin irritations. Try spraying or rolling deodorant and see if it works.

5) *Animal Bites*

Especially children with dog bites, cat bites are much common bites likely to cause infections.

In case of animal bites clean the area thoroughly, no matter how small the injury (Animals mouth are full of germs) and cleaning will reduce the chance of infection. Clean a small bite with plenty of plain tap water.

A large deep bite or dirty bites should be cleansed and dressed. 6 Blisters.



Keep the blister clean with soap and water, can dab on petroleum jelly such as Vaseline or some others emollients to minimize further friction.

Apply some Aloe Vera gel to the blister and cover it.

Boil the cabbage leaf for a minute or so, leave it to cool slightly and wrap it in gauze. Fix the gauze covered leaf over the boil with surgical adhesive tape and leave it for an hour. Use a fresh leaf and gauze each day. If the boil is in hard-to-reach area simply soak in hot bath while bathing. Keep the water as

hot as possible without burning your skin.



6) Breast Milk

Drink fennel tea each morning. Fennel may have a mild estrogen like effects which could encourage the production of milk.



Put a tea spoon fennel seed into a cup of boiling water. Leave it to infuse for 2-3 minutes, then strain and drink the tea early in the morning.

7) Breast Care



Cracked nipples or tender - Let them air dry naturally after a feed. Speed up healing with her milk. Once the nipple is dry express a drop and applies it to your nipples Vita-E oil - Simply squeezed out of a pierced capsule or olive oil or sweet almond oil and cleans off any oil before next feed.

8) Burns/Scalds

Put the burnt skin under cold running water, if possible running water.

Temperature should be cold, for at least 20 minutes. If there are no water available use other cold non irritating liquids such as milk or ice tea.



Take great care not to break any blisters. They nature's protective coating and prevent bacterial growth

Burns/Scalds:

Leave the burn alone for at least 24 hrs.

Squeeze or scrap some Aloe Vera gel from freshly cut leaves and apply.

If no Aloe Vera plant applies an Aloe Vera based skin cream or gel apply 2-3 times a day.



Apply some honey - Researchers found that honey was more effective than silver-sulpha-diazine.

Burns dressed with honey heals faster with less pain and scaring.

9) Colds and Flu



Ginger and peppermint are anti-bacterial and decongestant. Having them in the form of tea will help greatly.

10) Sore throat



Fill a 250ml glass with warm water add a tea spoon of salt and gargle Squeeze lemon juice in a glass of warm water as it creates an acidic environment hostile to bacteria and viruses. Add a spoon full of honey to all hot drinks and gargle its anti-bacterial qualities help to soothe the scratchy throat.



Clear out congestion: Drink a cup of ginger tea this contains chemical components called gingerols which are natural cough suppressants.

11) Constipation

High fiber diet

1-2 tbs of Isabgol seeds in to a cup of water let it infuse for 2 hrs add lemon and honey to taste and drink.

Flax seeds (Atasi beej) 2-3 times a day in powdered form.



250ml of glasses per day never ignore nature's call.

Do-NOT force bowel movements. Relax and meditate.

12) Cuts and Wounds



Dab little honey and cover the wound with a clean cloth. Trap a crushed garlic clove over the cut.



For children apply Vaseline or petroleum jelly.

13) Diarrheas

Drink black tea with ginger

Electrolyte drink by stirring half tea spoon salt and 4 tea spoon sugar into 1 liter of water add little orange juice or lemon juice during a day try to drink a full liter.

Mothers can continue feeding a breast-fed infant who has diarrhea. For bottle fed babies and children use an ORS.

Carrot: Cook some carrots until they are soft blend them with little water and make a puree eat a table spoon or two each hour.



14) *Dry Skin*

Apply Aloe Vera fresh gel which takes of dead tissues
Take plenty of water.



15) *Ear Ache*



Warm a tea spoon of baby oil or tila taila test the temperature and dip a few drops.

Eat 1-2 raw garlic every day.

16) *Fatigues*

Cut a washed unpeeled potato into slices and leave the pieces to soak in water overnight. In the morning drink the juice for a natural tonic.



17) *Fevers*

Take a Luke warm water bath



Tepid sponge bath at high heat areas like arm pit and groin with cool water which can reduce the temperature as the water it evaporates

Cold damp face washers on forehead and back of the neck

Drink a cup of hot ginger tea which also induces sweating to make the tea steep half teaspoon of mint root ginger in cup of boiling water strain the drink

Pepper (Maricha): Sprinkle pepper powder on your food when you have fever its main component is capsaicin which makes you sweat and promotes blood circulation.



Mustard foot bath (sarshapa pada snana): In a large container add two tea spoon of mustard powder per liter of water and soak your feet.

18) *Food Poisoning*

Drink lots of water.

ORS.

Squeeze the juice of two oranges add half tbs of salt and two tbs of honey top up with water until 500ml try to drink a glass every half hour in little sips or until reliving of symptoms.

Herbal teas prepared out of ginger, peppermint, fennel these are soothing and mildly antiseptic and antispasmodic.



19) *Infant Colic*

Hold the baby in tummy down position



Fennel: Take 1 tbs of dried fennel seeds in a bowl pour 200ml of water steep for 15 mins strain then cool and give baby a few drops via dropper

20) *Memory Problems*

Milk-soaked almonds daily.

Brain exercises.



Vacha choorna with madhu

21) *Menstrual Cramps*



Ginger tea.

Reduced salt intake.

Eat diuretic food like garlic, celery and parsley (Coriander).

Avoid coffee.

1 tbs of flax seed oil with food.



22) *Morning Sickness*

Sniff a slice of lemon or lemon-based drinks.



Lemon tea grate a little grape fruits orange or lime and add to your tea.



23) Muscle Cramps

Drink plenty of water
Heating pads

24) Nappy Rashes

Don't soap.



Fill a spray bottle with warm water and few drops of baby oil. Spray on the mixture then gently wipe the area with a clean cloth.

Use corn flour mixes it with cold cream and applies it.

25) Teething

Chilled spoon can ease the pain.

Offer a frozen peeled banana.

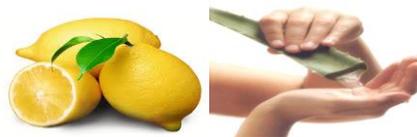
Massage babies' gum with a clean finger for few minutes.

Make a clove oil gum soother by mixing two drops of clove oil with 1 tbsp of vegetable oil and massage on baby's gums.



As soon as the teeth emerge start regular cleaning twice a day. Rub the gums very gently with soft muslin cloth.

26) Warts



Tape a piece of banana skin inner side down over a wart every night.

Lemon peel.

Rub a juicy freshly cut slice of raw potato over a wart.



Crush a fresh basil (Tulsi) leaf and tape it over wart with water proof adhesive tape for up to one week. Apply Aloe Vera gel regularly.

5. Conclusion

What most of us want is the best of both worlds cutting edge techniques of modern medicine and the natural home treatments those earlier generations depended on to get rid from their common ailments.

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