



AYUSHMAN BHARAT

AYUSH Health & Wellness Centres

**IEC MATERIAL FOR
FRONTLINE WORKERS**



सत्यमेव जयते

MINISTRY OF AYUSH

Government of India



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Government of India,
New Delhi, 2020

Disclaimer: All possible efforts have been made to ensure the correctness of the contents. However, the Ministry of AYUSH shall not be accountable for any inadvertent error in the contents. Corrective measures shall be taken up once such errors are brought to notice.

The measures mentioned in the document are for general prevention and management of simple illnesses. Concurrently, medical advice should be sought for any condition from qualified physician.

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सत्यमेव जयते

श्रीपाद नाईक
SHRIPAD NAIK

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MINISTER OF STATE (INDEPENDENT CHARGE) FOR
AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA,
SOWA-RIGPA, HOMOEOPATHY-(AYUSH) &
MINISTER OF STATE FOR DEFENCE
GOVERNMENT OF INDIA



MESSAGE

I am delighted to introduce the Information Education Communication Guidelines designed to propagate knowledge among the masses for the prevention and management of common ailments using AYUSH lifestyle and remedies. These guidelines are published as a part of community awareness programme to be disseminated by Health & Wellness Centre team under Ayushman Bharat.

These guidelines prepared by expert team after thorough literature search is a source of information regarding AYUSH preventive and promotive practices, which also have traditional base. This will form a reference material for health workers as well as public for application of AYUSH measures in public healthcare programme.

I hope these guidelines will help to promote AYUSH systems of medicine for providing better health care services to the beneficiaries particularly living in the remote regions of the country.

I wish all the success for the endeavour.

(Shripad Naik)

New Delhi
May 28, 2020



वैद्य राजेश कोटेचा

Vaidya Rajesh Kotecha



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PREFACE

AYUSH systems of healthcare play a noteworthy role in providing preventive, promotive and curative care, which is easy to access, cost-effective and traditionally prevalent. The Government of India has decided that existing health facilities to deliver Comprehensive Primary Health Care under Ayushman Bharat Scheme. One of the key principles of HWCs is to health by active involvement and capacity building of community platforms and individual volunteers.

The main emphasis of IEC is the conveyance of existing proven AYUSH interventions in the public health through the community workers such as ASHA and ANMs. They have to undergo sensitization and capacity building programmes periodically, for managing multiple tasks at HWCs. They can play an important role in promoting healthy behaviour, food & lifestyle. by giving importance to local food grains, vegetables fruits, food habits etc.

Communication is the key to generate awareness on prevention as well as motivating for access to treatment, care and support. These IEC guidelines are intended to serve as a module for capacity building and refreshing the knowledge. These guidelines may be effectively utilized for empowering public for self-care for primary preventive healthcare and popularising common existing Ayurveda remedies for the management of such illnesses.

I congratulate my team for preparing this document. Hope the common public will be immensely benefitted by following the healthy life style measures contained in the document.

(Rajesh Kotecha)

28th May, 2020
New Delhi

रोशन जग्गी
संयुक्त सचिव
ROSHAN JAGGI
JOINT SECRETARY



भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा,
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FOREWORD

The objective of this document is to empower the masses for self-care by educating them on promotive and preventive and motivating for adoption of common home remedies as part of self-care concept. The IEC material is designed professionally with adequate useful inputs to generate awareness, bringin behavioural change and enhance the ownership towards the programme.

The basic thrust is to generate awareness on how to maintain positive health and prevent diseases by adopting time-tested and scientifically validated AYUSH principles viz. *Dincharya* and *Ritucharya*, simple but nutritious diet, positive thought process, physical exercises and yogic practices coupled with practice of home-based remedies to get rid of common ailments.

The State / UT Governments may take steps to get these modules translated into local languages for easy access by local population.

I hope that officials and other stakeholders would make use of these guidelines.


(Roshan Jaggi)

Introduction

Health is a state of complete physical, mental and social well being and not merely absence of disease or infirmity. Attributes of healthy human being are indicated in Ayurveda as mentioned below:

- Ability to perform daily chores without any difficulty
- Desire to eat in time
- Proper and timely digestion of food
- Regular and sound sleep and feeling of freshness after waking up in the morning
- Regular and proper defecation and micturition
- Optimal functioning of all the sense organs
- Pleasant, calm , happy and contented state of mind

The healthy state of a person is often disrupted by faulty lifestyle, diet, physical activity, emotions and behaviour. Ayurveda advocates ideal way of life called *Swasthavritta*, to be followed by the individual so as to achieve wellness. Such conducts relate to physical, psychological and social dimensions of an individual which envisage harmony and equilibrium in the body.

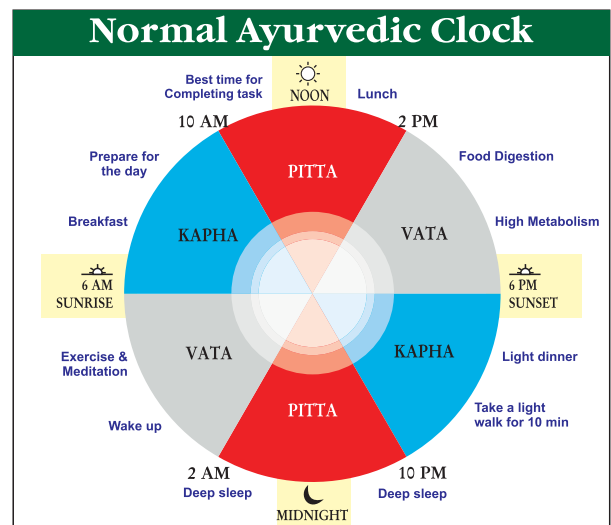


1. Preventive and promotive measures

1.1 Daily routine (Dinacharya)

Daily routine consists of detailed guidelines for staying healthy, happy and to align our daily routines with the rhythm of nature. We can implement our daily routine in a manner that would neither cause undue stress in life while eventually accommodating the practices that would sustain health.

- Waking up early in the morning before the sunrise is a healthy practice. This is the best time to study, do yoga and meditation, to contemplate activities for the day and to introspect on self.



- Attend to nature's call like evacuation of bowel, urination at regular time. Neither suppress nor forcefully expel natural urges like stool, urine, sleep, hiccough, sneezing etc.
- It is very necessary to brush the teeth regularly in the morning and night. Use of fresh stick of Babool, Neem, Karanj as tooth brush is advisable for maintaining healthy and strong teeth, gums and oral cavity.
- Clean the tongue with the twigs of above said plants or with metal tongue cleaner.
- Gargle with warm saline water or decoction of Neem, Triphala (Amla, Harad and Baheda in equal quantity). Holding these in the mouth for some time will also be beneficial in maintaining oral health.
- Putting one or two drops of sesame oil, medicated oil specified for this or cow's ghee in each nostril or smearing the inside of the nose with these, helps in the prevention of diseases of head and neck.
- Perform physical exercise regularly as per one's capacity. Don't overdo or exert beyond the endurance.
- Follow a routine of oil massage on head, ears, nostrils and feet with sesame oil/coconut oil/gingili oil etc. every day before taking bath. Exposure to morning sun is advisable.
- Use normal/warm water for bathing. Wipe and dry the body properly and wear clean and comfortable clothes. Do not use very hot water for head wash.
- Avoid urination and defecation in open. Wash anal area properly after defecation.
- Wash your hands properly with soap after defecation or micturition and before and after having food as well.
- Hair and nails should be kept clean and trimmed.
- Choose comfortable footwear according to the season, geographic condition and occupation.
- Timely intake of food and water in the quantity suitable to one's physical capacity.
- Skipping food, delaying the intake of food and water, untimely intake of food etc. shall be avoided. Consume healthy and wholesome diet according to individual need, seasonal requirement and suitability to the person.
- Sleep for at least 6-8 hours during night. Children, diseased people and elderly people often require more sleep.
- Avoid sleeping during the daytime unless you are sick, weak or could not sleep at night. A short nap may be advisable if you are not feeling fresh.

1.2 Seasonal regimen (Ritucharya)

Ritucharya consists of lifestyle modulation to cope with the impact on health caused by seasonal changes. *Ritucharya* enables us to strengthen innate capability to resist ailments that may happen due to seasonal changes.

The six *Ritu* (seasons) mentioned in Indian calendar may be grouped into three main categories; summer, rainy and winter season and the lifestyle specified for each season are mentioned below.

1.2.1 Summer season

- Prefer working in shady places and avoid direct exposure to sun, plan outdoor work during early mornings or evenings
- Protect head from direct exposure to hot sun if outing is inevitable. Use umbrella or wear cap while going out in Sun
- Wear loose and comfortable cotton clothes
- Increase intake of water and other fluids like lemon water, butter milk and fresh fruitjuices
- Eat light, cooling and liquid food. Consume fruits and vegetables having high water content like cucumber, water melon
- Take adequate rest during the day
- Bathe twice daily to avoid skin problems due to excessive sweating
- Avoid too much spicy food



1.2.2 Rainy season

- Boiled water should be used for drinking
 - Consume freshly cooked food in moderate amount
 - Always cover the food with a lid
 - Clean the surroundings to avoid water accumulation to avoid spread of water borne diseases such as cholera, typhoid, jaundice etc.
 - Avoid using impure water from ponds/rivers during rainy season
 - Use mosquito nets or repellents
- Use umbrella and wear sandals during rains
 - Wear clean and completely dry clothes

1.2.3 Winter season

- Wear warm clothes
- Apply oil over the body every day
- Consume warm food and drinks
- May use adequate quantity of oil or ghee in cooking during winter



- Consume seasonal cereals {such as Bajra (Pearl Millet), Jowar (Sorghum), Makkai (Maize), Jau(Barley), Ragi (Finger millet) and milk, green vegetables and fruits
- Avoid cold food and drink
- Use of honey and jaggery are good during this season

It is advisable to remain very careful during transition time between two seasons (*Ritusandhi*) by gradually stopping the measures recommended for current season and adopting practices for ensuing season.

1.3 Healthy dietary practices

- Eat what suits your health in accordance with the appetite and body requirement
- Consume the food at regular intervals and only when hungry
- Avoid overeating
- Ensure that various tastes and nutrients are present in the food
- Avoid junk/stale food
- Consume seasonal fruits and vegetables
- Don't eat too fast or too slow. Relax before eating
- Opt for freshly prepared food
- Have dinner 2-3 hours before sleep
- Milk and ghee should be included in food on a daily basis
- Do not consume curd at night, during winter and rainy season
- Millets, wheat, barley, green gram, honey, jaggery, rock salt, green leafy vegetables, fish (only for non-vegetarians), raisins should be consumed on daily basis
- Avoid too much spicy food, pickles, meat, refined flour, sugar, bakery products, junk food, packed food items etc.



1.3.1 Water intake

- Drinking 500-700ml of warm water on waking up in the morning helps in easy digestion and cleansing the bowel. Increase the water intake during summer season to avoid dehydration
- Avoid drinking too much water immediately before or after meals. One may take some sips during meals
- Use of warm water is advisable specially during cold season and in sick people
- Water boiled with herbs such as Tulasi for cold and cough, Ginger for indigestion, Cumin seeds or Ajwain for stomach upset are advisable



1.4 Behavioural code (Sadvritha)

Ayurveda describes health as a balanced state of physical, mental, social and spiritual wellbeing. In order to achieve this, certain codes of conduct known as *Sadvritha* are advocated and these are applicable to people of all age groups, at all times and at all places. Following these codes of conduct helps to live a healthy, happy and fulfilling life.

- Truthfulness in speech and action
- Freedom from negative emotions and ego
- Nonviolence, equipoise of mind and emotions
- Non-indulgence in alcohol and such other addictions
- Broad and rational mind
- Sincerity and honesty in work
- Loving, compassionate and charitable attitude
- Positive attitude
- Being courteous and respectful to teachers, parents and elders
- Keeping the company of elders and the wise
- Controlling the senses and avoiding materialistic pleasure
- Cleanliness
- Follow the path of gaining knowledge
- Belief in almighty



2 Management of common ailments using home remedies

Home remedy is a simple medication prepared at home by using herbs available in the region or ingredients available in the house like spices. Use of home remedies is prevalent in every part of the country as they are effective, economical and easy to use.

Home remedies are generally safe but may give rise to side effects, if not used properly without heeding precautions. Therefore the following instructions should be carefully read, understood and followed by the user.



2.1 General instructions for using home remedies

- Home remedies are meant for prevention of diseases and management of simple and minor illnesses like common cold, cough, to aid recovery from illness and to manage symptoms of minor ailments like loss of appetite, indigestion etc.
- Home remedies are also useful in chronic problems such as osteoarthritis

- Home remedies cannot replace a standard treatment and should be used as add on only. The attending physician should be always informed about the home remedy used by the patient
- Home remedy should not be used in major diseases such as cancer, serious or life threatening conditions as a main course of treatment
- Don't give any internal medication when a person is unconscious, not even through the nose. It may enter in the airway and prove to be fatal
- These home remedies should not be given to children below 1 year of age, unless advised by a qualified AYUSH physician
- The medicines mentioned in this booklet are generally safe, however, in case of any discomfort it should be stopped immediately and in case of persisting complaints, medical advice should be taken
- Use of right ingredient will give the desired result and therefore ensure proper identification of the ingredients/ herb that is being used
- The plants from footpath, burial grounds, dump-yards, drain-sides, industrial belt & other polluted area should be avoided
- The plants should be properly washed and dried in shade if required
- It should be stored in airtight containers and ensure the freshness before use
- Care should be taken while giving home remedies to old, sick persons, children and pregnant women
- In emergency situation or in acute illnesses such as acute pain, high fever, respiratory distress, unconscious, uncontrolled bleeding, tumours, ulcers, chronic cough, unexplained weight loss, medical consultation should be sought immediately
- Do not cause unnecessary damage to the plant and encourage replacement while plucking it to ensure preservation of plant species
- Collection of plants should be done in proper season to ensure maturity like Amla, Jamun seeds with minimal damage to plant
- Encourage the use of weeds (like touch me not) and often discarded parts of plants with medicinal value (pomegranate fruit coat, rose petals)
- The dose given in the booklet is for adult. For children $\frac{1}{2}$ or $\frac{1}{4}$ of this adult dose may be used
- The dosage may be adjusted with slight alterations, according to the tolerance and preference
- Measurements
 - 5gm. = 1 Tea spoon full
 - 5ml. = 1 Tea spoon full

- Fresh juice of plants - ½ to 2 tea spoons
 - Decoction- ½ to 1 cup
 - Hot and cold infusion- ½ to 1 cup
 - Powder- 1 to 3 gm.
 - Paste- 1-3 gm.
 - Oil - generally for external use as home remedy
- The remedies may be taken with water, milk, butter milk, honey, ghee, rock salt as per the condition for which the medicine is taken while giving due consideration to personal preferences too
 - Frequency of the medication is generally 2 to 3 times a day, while medicines are more frequently administered in cough, vomiting, dyspnea, diarrhoea etc.
 - The duration of use may be as required or advised by the physician or till the symptoms subside
 - In case of combined use/ add on, a minimum gap of 30 minutes should be maintained to avoid interaction with each other
 - Juice of plants should be prepared by crushing with stones/pestle or grinding in mixie with little water if required and the juice should be strained through a clean cloth/ strainer
 - Decoction should be prepared by boiling crushed/coarsely powdered drug in water for a particular period of time
 - Paste should be prepared by crushing/ grinding the drug very finely with desired liquid if required

2.2 Common cold

Symptoms : Common cold is a frequent problem encountered among people of all age groups and the following symptoms are usually seen.

- Running nose
- Sore throat
- Sneezing
- Blocked nose
- Body pain
- Headache
- Fever
- Cough
- Watery eyes



Preventive measures

- Use Turmeric, Ginger and Tulasi to boost immunity during outbreak in the form of warm decoction twice a day, at least for a week
- Keep away from others who are having symptoms of common cold
- The affected person should cover mouth and nose while sneezing or coughing
- Wash hands with soap and avoid touching face if come in contact with person with symptoms
- Eat healthy, hygienic, warm and easily digestible food
- Use oil in the nostrils or ears only with an advise by a qualified physician
- Drink warm water, preferably processed with Ginger, Turmeric or Tulasi
- Take sufficient rest

Management

1. Steam inhalation
2. Decoction prepared from small piece of Ginger, 3 to 4 pinches of black pepper and 5 to 6 Tulsi leaves taken 3 times a day

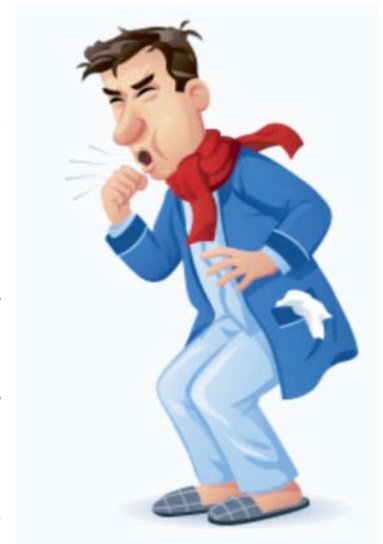
OR

3. Mix one teaspoon honey with half teaspoon Dalchini (Cinnamon) powder and take 2-3 times a day
4. Gargle with warm saline water or decoction of Turmeric powder 2 to 3 times a day

2.3 Cough

Home remedies

- Keep small piece of Mulethi (licorice) or clove in mouth in case of dry cough
- Take decoction of powder or fresh leaves of Vasa (*Adhatoda vasica*)
- Take 1 glass hot milk mixed with 1 spoonful (5 gm) of Turmeric at bedtime
- Luke warm decoction of Ginger or one teaspoon juice of Ginger and Tulasi with a spoon of honey 3 times a day
- Gargling with warm saline water and , steam inhalation 2 to 3 time a day
- Clove, Ginger and Cardamom in the form of powder or decoction or processed with milk is useful in cough with sputum



The cough associated with breathing problems, high fever, chest pain or if the cough persists for more than 2 weeks associated with blood in the sputum, weight loss, fever, loss

of appetite etc., seek medical advice from a qualified medical practitioner for further screening and treatment.

2.4 Fever

Home remedy should be used for mild fever (of up to 100° F) that too only when associated with mild symptoms like cold or body ache. If there is further rise in temperature or associated with difficulty in breathing, severe headache, vomiting, diarrhoea, abdominal pain, altered consciousness or if the fever persists for longer than 2 days, a doctor should be immediately consulted.



Home remedies

1. Leaves of Chirayata (*Swertia chirata*) 10 gm, boiled in 2 cups of water and reduced to 1 cup, should be taken twice a day

OR

2. Whole plant of Nagarmotha (*Cyperus rotundus*) (10gm) boiled in 2 cups of water and reduced to 1 cup. should be taken twice or thrice a day
3. Warm decoction of crushed coriander seeds or Giloy stem (about 50 grams) 3 to 4 times a day, in any type of fever
4. Take one tea spoon juice of Tulsi (Basil) leaves and Ginger and consume it 3 to 4 times a day after adding one teaspoon of honey, when associated with cold/cough
5. Eat light and warm home cooked food
6. Avoid cold and heavy food
7. Take appropriate rest
8. Use cold sponging if fever is above 100° F

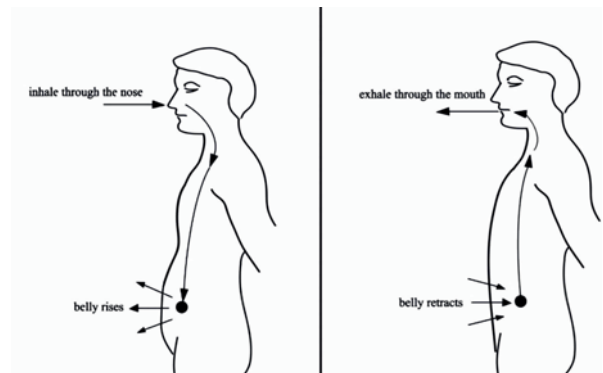
2.5 Bronchial asthma

Symptoms

- Difficulty in breathing / breathlessness
- Cough
- Wheezing
- Chest tightness

Preventive measures

- The best way to prevent asthma attacks is to avoid known irritants. Common irritants include cold air, pollen, and dust



- Consume light and warm food at night
- Take warm food and drinks
- Gargle with warm water
- Inhalation of steam is found to be useful
- Avoid curd, banana, buttermilk, guava, fried food, too much sour substances etc.
- Smoking, both active and passive should be strictly prohibited
- Avoiding food that trigger an allergy attack will help
- Stress may trigger asthma symptoms
- Yoga/Pranayama are very essential in prevention and treatment of bronchial asthma. Please perform it with the consultation of a trained Yoga expert
- Consult the doctor regularly and immediately in case of breathing difficulty

Home remedies

1. Take Baheda (*Terminalia bellirica*) 3 to 5gm powder with equal quantity of Honey- twice a day
2. Apply luke warm mustard oil mixed with a pinch of rock salt on chest and back
3. Take 5 gm of powder of root of Kantakari (*Solanum surattens*) with honey or in the form of decoction
4. Taking slow, deep breaths are helpful

2.6 Loss of appetite

Home remedies

1. Drink warm water
2. Do not eat heavy meals, have warm and light food like Dalia, Khichadi
3. Eat meals in the correct time in appropriate quantity.
4. Small pieces of ginger crushed and mixed with lime juice and rock salt may be taken before having food
5. Amla (*Embilica officianialis*) powder mixed with pinch of salt before food



6. Cut fruit of lemon into two halves, sprinkle powdered black pepper and salt and suck it repeatedly
7. Pudina leaves (Mint), lemon and black salt with water
8. Consume half spoon ful (2-3 gm) Ajwain with rock salt and lemon juice

These home remedies may be used during recovery from illness or as adjuvant to any other treatment. Please ensure that the patient is not suffering from any underlying serious disease such as liver disorders, intestinal disorders, cancer or other serious conditions requiring medical care.

2.7 Indigestion

Preventive measures

- Drink warm water
- Do not eat heavy meals, have warm and light food at regular intervals
- Avoid long intervals in between meals
- Sleep well, at regular time and avoid sleeping during day time
- Avoid sleeping immediately after food
- Avoid stress and anxiety
- Avoid heavy, too much spicy, sour and hot food



Home remedies

1. Prepare an infusion of Aniseed (Saunf), Ginger, Cumin seeds and black Pepper by boiling in water
2. Take lemon juice one tea spoon (5ml) after meal thrice daily with rock salt
3. Mix 1 pinch of Ajwain and asafoetida in equal amounts and have with butter milk or warm water

Please ensure that the person is not suffering from any underlying serious disease such as liver disorder, cancer or such other conditions that require immediate medical attention.

2.8 Vomiting

Home remedies

1. Drink coconut water with a pinch of cardamom powder in small amounts
2. Have a cup of ginger tea
3. Consume popped/ puffed rice boiled in water
4. Procedure for preparing home-made ORS (1 Litre) using sugar, salt and water:
 - o Clean water - 1 litre - 5 cupful (each cup about 200 ml.)
 - o Sugar - six level teaspoons(20-30 gm)
 - o Salt - half level teaspoon (1-2gm)
 - o Stir the mixture till the sugar dissolves

Note : Once prepared, use this solution within 24 hours.



2.9 Hyper acidity

- Avoid heavy, too much spicy, sour and hot food
- Avoid junk food and preserved food items
- Don't remain hungry or thirsty for long time
- Avoid smoking and alcohol
- Sleep well and at regular time
- Adequate quantity of water
- Manage anxiety and stress
- 3 to 5 gm of powder of Amla fruit in empty stomach
- Tender coconut water in empty stomach
- Juice of banana stem. Yastimadhu powder shall be taken in the dose of 3 to 5 gm with cold milk or water
- Paste of rose petals with cold milk or water



If the patient has pain in the upper abdomen, history of blood in the vomiting, dark coloured stool or any other serious symptoms, then it should be further investigated immediately.

2.10 Constipation

Symptoms

- Irregular bowel movements (passing fewer than 3 stools a week)
- Hard stools

- Undue straining at the time of bowel evacuation
- Heaviness of abdomen
- Loss of appetite

Preventive measures

- Drink a glass of warm water early in the morning
- Try to avoid hot and spicy food
- Adequate fluid should be taken
- Consume green leafy vegetables
- Eat plenty of fruits and vegetables
- Use whole cereals like rice, wheat and pulses like green gram
- Intake of unctuous substances like ghee and oil in diet will also be beneficial

Home remedies

1. Triphala powder (3 -5gm) to be taken with warm water at bedtime
2. Take 10ml (for adults)of Castor oil with warm milk or water at night
3. Isabgol (5gm for adults)with warm water or milk
4. Take raisins regularly
5. Rose petals as paste with milk or water
OR
Gulkand(prepared by adding the paste of rose petals in sugar syrup) 1-2 spoons
6. Take sufficient fluids, whole green gram, whole grains like red rice, Dalia are advisable
7. Staying physically active also is necessary



2.11 Piles/Fissure

1. Avoid spicy and heavy food. Take sufficient fluids, whole green gram, grains like red rice, Dalia
2. Use Triphala or powder of Amla fruit rind 3 to 5 gm with warm water for smooth evacuation of stool

3. Rose petals as paste or Gulkand, 1-2 spoons
4. Juice of whole plant of touch me not plant specially if there is bleeding and prolapse
5. Applying any oil followed by sitz bath with warm water or decoction of Triphala, Peepal, Gular tree bark will help



2.12 Diarrhoea

Symptoms

- Frequent passage of watery stools
- Pain in abdomen
- Fluid loss, persistent diarrhoea can lead to dehydration especially in children. Signs and symptoms include :

Signs of mild dehydration	Signs of severe dehydration
<ul style="list-style-type: none"> • Increased thirst • Dry or sticky mouth • Straw coloured urine • Reduced urine output • Dry, cold skin • Headache • Muscle cramps • When skin is pinched, it returns to normal state slowly 	<ul style="list-style-type: none"> • Decreased urination or passage of very dark yellow urine • Very dry skin • Feeling dizzy • Rapid heartbeat • Rapid breathing • Sunken eyes • Sleepiness, lack of energy • Confusion or Irritability • Fainting • Skin pinch goes back very slowly

Note : In case of severe dehydration, refer urgently to hospital.

Preventive measures

- Increase fluid intake such as water/ tender coconut water/ buttermilk etc.
- Maintain proper hygiene. Wash the hands thoroughly with soap and water before consuming meals and after going to toilet
- Use clean boiled water for drinking
- Children below the age of 5 years should be treated with ORS and special attention is to be given to the signs and symptoms for dehydration
- Breast fed infants should be given ORS along with mother's milk

Home remedies

- Take ORS
Procedure for preparing homemade ORS (1litre) using sugar, salt and water is given in point 2.8
- Powder of pomegranate fruit rind or peel (5-10gm) mixed with honey may be given 4 times
- Powder of fried Cumin or fruit of long Pepper or dried Ginger 1 tsp (5gm) mixed with 1 litre buttermilk and divided into 4 equal parts and each part is to be given at interval of 6 hours
- Fruit rind of *Bael* (*Aegle marmelos*) is usefull



2.13 Dysentery

Dysentery is diarrhoea with blood and mucous. Other symptoms may include fever, abdominal pain and a feeling of incomplete defecation. Complications may include dehydration.



Home remedies

- Powder of Pomegranate fruit rind(5-10gm) mixed with honey may be given 4 times
- Powder of *Jaiphala* ¼ tsp, *Ajwain* and *Jeera* in 1:2:3 ratio with fresh butter milk 2 times daily
- Raw banana paste mixed with buttermilk, *Jeera* / *Ajwain* / *Hing* is good for diarrhoea, dysentery and constipation
- The fruit juice and fruit rind powder of pomegranate in the dose of ½ to 1 tsp in buttermilk
- Banana, papaya, curd, buttermilk, white gourd should be used



2.14 Anaemia

Iron deficiency is the commonest cause of anaemia, which can be prevented and corrected with easy measures.

Symptoms

- Paleness of eyes/face/ tongue or gums
- Tiredness



Preventive measures

- Use of green leafy vegetables like Spinach(*Palak*), Hogweed(*Punarnava*), Drumstick, and fruits like Amla, Pomegranate, dry Grapes, Dates etc.
- Prefer iron pan for cooking
- Use Jaggery in place of sugar
- Eat well, take whole grams, sprouts, fresh fruits and fresh vegetables
- Consume milk, fish, eggs, meat, pulses, finger millet etc.
- Regular deworming is required

Home remedies

1. Juice of *Amla* mixed with honey to be taken 2 teaspoonful(10ml) – twice a day
2. Soup of Carrot, Spinach, and Beetroot should be consumed
3. Consume dates, Jaggery and Moringa leaves regularly
 - In case of any possible cause for bleeding such as bleeding piles, excessive menstrual bleeding or in chronic anaemia without any apparent causes, medical consultation should be sought
 - Presence of severe symptoms like extreme paleness, dyspnoea, palpitation warrants immediate medical attention
 - Anaemia not responding to these measures or usual medication need to be referred for further investigation and treatment

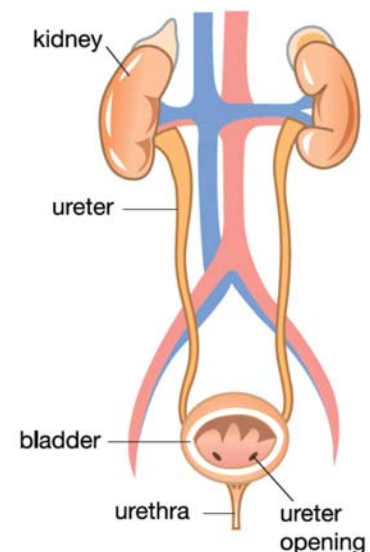
2.15 Urinary tract infection

Symptoms

- Frequent micturition
- Pain and burning sensation during micturition
- Strong persistent urge to urinate
- Passing small amounts of urine frequently
- Foul smelling urine
- Cloudy or dark coloured urine
- Pain in lower abdomen
- Urinary tract infection is very common in women

Preventive measures

- Drink a minimum 10 to 12 glasses of water per day, more during hot and humid weather as in summer and upon excessive sweating
- Drink coconut water



- A cup of decoction of bark of Peepal
- Use clean undergarments and clothes during menses
- Don't eat too much spicy/oily food

Home remedies

1. Soak two spoonful (10gm) of coriander seed powder in a glass of warm water at night, strain and drink in the morning
2. Powder or juice of fresh leaves of *Punarnava* (*Boerhavia diffusa*) with water
OR
Decoction of *Gokshur* (*Tribulus terrestris*)
3. Decoction of *Jamun/Peepal/Gular* bark
4. Adequate intake of fluids (increase 2 litres than normal)
5. Tender coconut water may be used few times in a day

These home remedies are advised in chronic and recurrent urinary problem as a supportive therapy, however in case of acute problem or if associated with diabetes, urinary calculi the main course of treatment should be continued or appropriate referral should be done.

2.16 Eye care

Symptoms

- Redness of eyes
- Itching sensation
- Irritation of eyes
- Watering of eyes
- Dark circles around the eyes
- Eye strain



Preventive measures

- Do not over strain the eyes
- Avoid reading in dim light, continuous usage of mobile, laptops, computers or television
- Give rest to eyes after every 20 minutes by fast blinking and looking at long distance

- Clean eyes with cold water after coming back from outdoors
- Pomegranate, carrot, honey, jaggery, green leafy vegetables, papaya should be included in the diet
- Fish, egg, milk are beneficial

Home remedies

1. Put sliced pieces of cucumber over eyes
2. Cotton balls dipped in rose water or luke warm water can be placed over eyes
3. Wash the eyes with water containing 10 rose petals
4. Boil the leaves and flowers of Devil weed (*Chromolaena odorata*) in water, strain it and use for eye wash in case of burning or redness of eyes
5. Eating tender leaves of Moringa santed with ghee is beneficial for eyes

2.17 Sunstroke

Symptoms

- Burning sensation in hands and feet
- Hot and dry skin
- Rapid heat beat
- Muscle weakness or cramps
- Rapid breathing
- Increased thirst
- Weakness
- High fever (above 40°C/104°F), may be accompanied by vomiting
- Dilatation of pupil
- Vertigo etc.
- Susceptible group includes children, elderly and diseased persons, labourers and sports persons who are continuously exposed to Sun



Preventive measures

- Avoid sunlight between 11am to 5pm
- Use umbrella or cap to cover your head
- Wear full sleeved cotton clothes while going out
- Avoid wearing tight and dark coloured clothes
- Avoid physical exertion during peak hours

- Drink minimum of 2-4 litres of water daily
- Consume *Bael* (*Aegle marmelos*) juice
- Drink buttermilk and *Ampanna* (Method of preparation-boil unripe mango on mild heat and make paste, then dissolve with 16 times water, thereafter mix black pepper clove, cardamom, sugar and salt as per the taster taste)
- Lemon water with mint leaves is also found to be helpful
- Avoid drinking tea/coffee/ carbonated drinks/ alcoholic drinks
- Eat vegetables and fruits
- Avoid fried/ fatty food
- Try to get treated at the earliest to avoid complications
- Take adequate fluid to maintain proper urinary output

Immediate care after sunstroke

- Move to the shady place and have rest
- Take sips of water mixed with sugar and salt, if person is conscious
- Consult the doctor immediately
- Cover the body with cold/ wet clothes

2.18 Wound care

Uncomplicated fresh wounds may be treated with home remedy. Diabetic ulcer, non-healing ulcers, ulcers with uneven surface, foul smelling ulcers, ulcer covering large area, bleeding on touch etc. need immediate consultation with a qualified physician.

1. Application of ice repeatedly on bleeding wound until the bleeding stops
2. Turmeric mixed in oil is a good anti-septic. Use *Aloe vera* gel for dressing every day



2.19 Diabetes mellitus

Symptoms

- Increased thirst
- Increased urination
- Excessive hunger
- Delayed wound healing

- Increased susceptibility to infections, skin problems
- Unexplained weight loss
- Weakness
- Diabetes Mellitus is a condition that often manifest without any overt symptoms and as such may be left undiagnosed. Therefore blood test once in a year after the age of 30 is advisable, especially if there is a family history of diabetes, overweight, sedentary lifestyle or stress.

Preventive measures

- Timely intake of food in the proper quantity as per the requirement of body
- Avoid excessive food and binge eating habits
- Daily exercise like walking/ swimming etc.
- Reduce stress by Yoga and meditation
- Maintain appropriate weight
- Avoid smoking and alcohol
- Reduce intake of white rice, sugar and sweets, aerated products, excessive carbohydrate rich food
- Avoid processed food



Home remedies

- 2 gm of Turmeric powder, Amla, Fenugreek each separately boiled with water and consumed twice a day (for internal use) are found to be useful
- Add 3-4 tsp (15-20gm) of cinnamon powder (Dalchini) in 1 litre of water, heat it for 20 minutes, strain, cool and drink every day
- 20 ml Amla juice mixed with turmeric can be taken
- Triphala powder 5 gm twice a day with luke warm water
- 3 gm of dry powder of seed of *Jamun* (*Syzygium jambolanum*)
- 30 ml fresh juice of Bitter gourd

Known case of diabetes should periodically consult physician and a blood sugar test should be done after one week of regular intake of home remedies and lifestyle changes. In case of symptoms of hypoglycaemia such as weakness, thirst, perspiration etc. the home remedy should be stopped until the main medication is reduced or adjusted. Home remedies are beneficial as an add-on in conditions that require medical management.

2.20 Joint pain

Joint pain refers to discomfort, ache and swelling in any of the joints. It might be a result of natural degeneration of joints and bones or arise from any illness or injury to joints.. Continuous wear and tear through ageing makes joints more prone to problems. Commonly affected joints are wrists, fingers, knees, hips, ankle etc.

Symptoms

- Pain/ stiffness in affected joint
- Swelling
- Difficulty in movement
- Deformity
- Fever and body ache may occur



Preventive measures

- Moderate exercise/Yoga/Meditation
- Maintain a right body weight
- Adequate rest
- Application of oil to the joints every day before taking warm bath
- Avoid excessive use of food causing bloating like potato, peas, bengal gram
- Include Cumin seeds, *Ajwain*, Ginger, Turmeric, Fenugreek in the diet

2.21 Adolescent and reproductive healthcare

2.21.1 Menstrual problems

Menstruation is defined as the regular discharge of blood and mucosal tissues from the inner lining of uterus through the vagina. The first period usually begins between 12-15 years of age and it lasts for 2-7 days. Menstruation stops after menopause which usually occurs between 45-55 years of age. In most females, physical and psychological changes are brought by fluctuating hormones during these reproductive years. These include:-

- Cramps in abdominal muscles
- Nausea with/without vomiting
- Acne
- Water retention
- Low backache
- Breast tenderness
- Mood swings

Preventive measures

- Healthy diet
- Reduced salt intake
- Avoidance of caffeine and alcohol
- Regular exercise

Menstrual hygiene

- Eat well and drink adequate quantity of water
- Take up routine work but avoid over exertion
- Bathe every day to maintain cleanliness
- Use clean clothes and sanitary pads and ensure proper hygiene
- Don't use dirty / unhygienic clothes
- Wash undergarments properly and dry it in sunlight
- Do not leave the pack of sanitary pads open. Close it each time after use
- Change the sanitary pad / clothes at an interval of 6 hours
- Change the undergarments regularly
- Take utmost care to avoid vaginal and urinary tract infections

2.21.2 Leucorrhoea

Symptoms

- Unusual white discharge from vagina
- Yellowish or thick, curd like discharge
- Cramps in the lower abdomen
- May be associated with foul smell, itching and redness or burning sensation during urination and low back pain

Preventive measures

- Ensure cleanliness of vaginal areas and maintain general hygiene
- Avoid sexual contact during menstruation
- If the spouse has any itching, ulceration he also needs to be treated by a qualified physician
- Use condom during intercourse
- Boil Neem leaves in water and use this for washing vaginal area
- Drink adequate quantity of water

Home remedies

1. Amla powder 3 to 5 gm in the morning and evening with honey
2. Powder of mango seed -endocarp 1 tsp with rice washed water or paste of petals of bell flower
3. Wash with decoction of Neem in case of itching
4. Decoction of Peepal, Gular for internal and external use for vaginal wash
5. If associated with back ache, massage with any oil, preferably Gingelly oil boiled with *Ajwain*, black pepper will help.
6. Dhanurasana and Bhujangasana are recommended for lumbar relaxation and strengthening the muscles



2.21.3 Dysmenorrhea

Symptoms

- Abdominal pain before/during menses
- May be associated with stomach upsets/vomiting
- Pain in the lower abdomen/ back

Home remedies

1. Garlic chutney
2. Take *Aloe vera* gel (15-20gm) daily morning for 5 days before the expected date of menstruation
3. May use hot water bag on lower abdomen
4. 1 spoonful (5gm) powder containing equal quantity of roasted Fenugreek seeds/Cumin seeds/Carom seeds/Fennel seeds and consume with milk/buttermilk or warm water twice a day during menstruation
5. Appropriate rest, Yoga & Meditation

2.21.4 Ante-natal care

Ante-natal care focuses on a positive pregnancy experience which seeks to ensure not only a healthy pregnancy for mother and baby but also an effective transition to positive labour and child birth.

General measures

- Continue with the daily routine activities
- Counselling about healthy eating and lifestyle
- Avoid lifting heavy objects



- Ante-natal visits must be ensured including registration at health centre
- Daily oral iron and folic acid supplementation
- Regular weight check-up
- Blood test for anaemia
- Urine test for protein and sugar
- Regular blood pressure check-ups
- Nutrition counselling and preparing for giving birth
- Lowering caffeine intake
- Avoid pungent drugs, exercise, and coitus
- Avoid spicy food
- Avoid too much of coffee, tea, tobacco and alcohol

Month-wise regimens to be adopted in addition to regular food are indicated below:

First month	<ul style="list-style-type: none"> ➤ Milk in appropriate quantity ➤ Sweet ,cold and liquid diet
Second month	<ul style="list-style-type: none"> ➤ Milk medicated with sweet ingredients such as Jaggery ➤ Sweetened milk treated with <i>Shatavari</i>
Third month	<ul style="list-style-type: none"> ➤ Milk with honey and ghee ➤ <i>Khichdi</i> prepared using sesame, rice and green gram/ bengal gram
Fourth month	<ul style="list-style-type: none"> ➤ Milk with butter ➤ Cooked old rice with curd, pleasant food mixed with milk and butter ➤ May include goat meat soup in diet
Fifth month	<ul style="list-style-type: none"> ➤ Ghee prepared with butter extracted from milk ➤ Freshly cooked rice (Preferably aged rice) with milk
Sixth month	<ul style="list-style-type: none"> ➤ Sweetened curd ➤ Ghee medicated with sweet substances like <i>Shatavari</i>, <i>Yashtimadhu</i> etc. ➤ Mix 2 gm of Gokshur (<i>Tribulus terrestris</i>) powder in a glass of milk . Add sugar to it and drink daily
Seventh month	<ul style="list-style-type: none"> ➤ <i>Ghritakhanda</i> (sweet dish prepared from milk, medicated with sweet substances)
Eighth month	<ul style="list-style-type: none"> ➤ Rice gruel cooked with additions of milk and ghee ➤ <i>Khichdi</i> with ghee
Ninth month	<ul style="list-style-type: none"> ➤ Different varieties of cereals ➤ Add Mulethi (<i>Glycyrrhiza glabra</i>) powder to hot milk and drink it ➤ Meat soup etc.

2.21.5 Post-natal care

- After delivery, ensure reassurance and counselling of the women and her family members
- Provide appropriate rest, healthy food that supports digestion, restoration and lactation
- Passive exercise
- Abdominal tightening
- Hot water bath/herbal decoction bath
- Oil massage tones up abdominal, back and pelvic muscles
- Use appropriate contraceptive measures
- Feed the baby as early as possible after delivery
- Ensure exclusive breast feeding of the infant upto 6 months

Dietary measures

- Green leafy vegetables
- Milk and milk products, ghee in appropriate quantity
- Kheer made up of jaggery , rice/ wheat/ green gram
- Herbs like Fenugreek should be included
- Fenugreek Laddoo/Pinni- made by whole wheat flour, Fenugreek seeds, Fennel seeds, Cumin, dry Ginger powder, sugar, ghee etc. helps to regain condition of body after delivery and very nutritious for recovery
- Almonds and raisins can be consumed

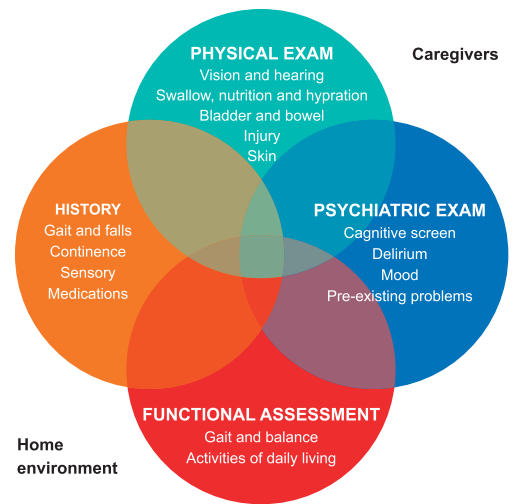


Home remedies to enhance milk secretion

1. *Shatavari* powder 2 to 3 gm with milk per day
2. *Jeera* powder with milk and sugar
3. Fenugreek powder 2 to 3 gm, 2 times a day and fenugreek leaf as vegetable
4. Horse gram seasoned with ghee
5. Use plenty of fluids, vegetables, pulses. Seasonal fruits are useful
6. Avoid worry and mental stress

2.22 Geriatric care

Care of elderly people aims not only to promote health by preventing and treating disease and disabilities but also to provide moral support, assurance and critical care. Some of the symptoms which can be managed through additional support of home based measures are mentioned below.



S.No.	Problems	Symptoms	Preventive measure
1.	Neurological symptoms	<ul style="list-style-type: none"> ➤ Slowness in daily activities ➤ Impaired cognition and behaviour ➤ Anxiety/ depression/ behavioural problems ➤ Disturbed sleep and reduced appetite ➤ Tremors of fingers ➤ Slurred speech ➤ Dementia, Parkinson's disease, Alzheimer's disease etc. 	<ul style="list-style-type: none"> ➤ Mental relaxation, proper diet and adequate nutrition, sleep well and attend nature's calls promptly ➤ Practice Yoga and meditation ➤ Use of <i>Rasayana</i> such as Chyavanprash
2.	Vision related complaints	<ul style="list-style-type: none"> ➤ Cataract ➤ Glaucoma ➤ Retinopathy etc. 	<ul style="list-style-type: none"> ➤ Practice eye exercises ➤ Do not over strain the eyes ➤ Foot massage with oil before going to bed ➤ Intake of Triphala powder in the dose of 5 gm at bed time with hotwater
3.	Hearing	<ul style="list-style-type: none"> ➤ Difficulty in hearing ➤ Deafness etc. 	<ul style="list-style-type: none"> ➤ Use 1 or 2 drops of oil in the ear if there is no pain/ discharge ➤ Regular practice of Pranayama
4.	Dental Problems	<ul style="list-style-type: none"> ➤ Swelling in the gums ➤ Teeth decay ➤ Loss of teeth 	<ul style="list-style-type: none"> ➤ Maintain proper oral hygiene ➤ Gargling regularly with <i>Triphala</i> decoction / saline water ➤ Use of oil/ ghee for gargling is useful ➤ Regularly visit the dentist

5.	Gastro-intestinal complaints	<ul style="list-style-type: none"> ➤ Poor absorption and deficiency states ➤ Indigestion and belching ➤ Irregular bowel habits-constipation /diarrhoea etc. 	<ul style="list-style-type: none"> ➤ Take freshly prepared food ➤ Do not consume too much spicy and fried food items
6.	Respiratory ailments	<ul style="list-style-type: none"> ➤ Bronchial asthma ➤ Chronic obstructive pulmonary disorder etc. 	<ul style="list-style-type: none"> ➤ Avoid cold food, stress ➤ Avoid exposure to cold, smoke and dust ➤ Regular exercise and Yoga
7.	Musculoskeletal	<ul style="list-style-type: none"> ➤ Decreased mobility ➤ Osteoarthritis ➤ Spondylosis of spine ➤ Reduced muscle strength ➤ Osteoporosis, fractures etc. 	<ul style="list-style-type: none"> ➤ Indulge in mild to moderate exercises ➤ Oil massage, exposure to mild sun light, warm bath ➤ Avoid direct exposed to cold breeze/weather ➤ Avoid food causing flatulence such as potato, peas
8.	Skin and Hair related	<ul style="list-style-type: none"> ➤ Alopecia/baldness ➤ Skin-scales/wrinkles/blisters etc. 	<ul style="list-style-type: none"> ➤ Take bath daily ➤ Apply oil to whole body ➤ Wash the hairs at regular intervals of 2-3 days
9.	Genital and urinary related ailments	<ul style="list-style-type: none"> ➤ Impaired sexual functions ➤ Frequency and urgency of micturition etc. 	<ul style="list-style-type: none"> ➤ Drink plenty of water. ➤ Maintain proper hygiene of genital organs ➤ Take wholesome diet
10.	Lifestyle disorders	<ul style="list-style-type: none"> ➤ Hypertension ➤ Diabetes mellitus ➤ Atherosclerosis 	<ul style="list-style-type: none"> ➤ Avoid overeating ➤ Exercise regularly ➤ Avoid fried food ➤ Don't take excessive salt, sugar and oil in diet
11.	Miscellaneous	<ul style="list-style-type: none"> ➤ Anaemia and other nutritional deficiencies. ➤ Susceptible to infections etc. 	<ul style="list-style-type: none"> ➤ Consume balanced diet in adequate quantity as per the appetite. ➤ Use milk added with Turmeric/ Ginger/ Cardmom/ Ashwagandha/ Shatavari as advised by the physician

Preventive measures

- Adequate nutrition
- Stress / anxiety management through Yoga, meditation, listening to music, reading, involvement in spiritual activities, social groups etc.
- Be physically active as per the capacity
- Avoiding of smoking and alcohol
- Adequate sleep
- Include plenty of fruits and vegetables in the diet
- Have easily digestible food
- Regular and timely evacuation of bowels
- Regular health check- ups after 40 years of age
- Burns/ accidents/ falls should be prevented
- Regular visits to physician, dentist and eye specialists
- Counselling
- Involve in social groups and remain active in constructive activities
- Follow doctor's advice and regular medication if prescribed

Home remedies

- 1) Body massage with warm sesame oil, coconut oil or / medicated oil before bath will help to improve blood circulation, manages dryness, aches and pains in the body
- 2) Consume 2 spoonful (10gm) of *Guduchi* juice or decoction when there are chances of infection as during outbreak- twice a day
- 3) Consume 3 to 5 gm powder of *Ashwagandha* roots with milk. It is found to be helpful in relieving joint pains and promoting good mental health
- 4) Consume 1-2 teaspoonful (5-10gm) of Amla juice or powder in case of hyper acidity or constipation. This also acts as immunity booster and rejuvenator
- 5) May consume 1-2 spoonful of *Triphala* or Harad powder with warm water to control constipation and flatulence
- 6) Juice of *Tulasi* leaves provides relief from common symptoms arising from acute upper respiratory tract infection

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