
3. Household Remedies for Health and Well Being of Children and Adolescent through Nutri Medicinal Gardening

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3.1 Introduction:

Home remedies are extensively prevalent in traditional Indian lifestyle and Indian women possess a wealth of knowledge related to home remedies. Housewives are experts in using home remedies for curing common ailment of children and adolescent. The herbal home remedies/indigeneous knowledge and methods are location specific, ecologically relevant, user friendly and gets passed on from one generation to another generation through word of mouth.this knowledge is often unique to a given culture, being passed on from generation to generation and, in most situations, orally. Many of the the Indians depend on these home remedies even today for treating various health conditions. Home remedies are useful and essential to provide solutions to local problems. These home remedies can be done by establishing nutri medicinal gardens.

Nutri-medicinal garden is advanced form of kitchen garden in which all kinds vegetables, fruits and medicinal plants are grown as a source of food and income. For small and marginal farmers, nutrimedical garden can generate a critical contribution to the family diet and provide several other benefits, particularly for women.

Methodology: The use of herbal/ home remedies for common ailments was documented from North Karnataka. Established ten nutri-medicinal gardens in the backyard of the rural women households at Kalkeri Village of Dharwad District, Karnataka during 2021-22.

Different leafy vegetable seeds, fruit plants like pomegranate, sapota, guava, coconut, lime and medicinal plants like satavati, bhrami, chakramuni soppu, heppli, etc were distributed to the rural women.

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3.2 Different Methodologies Were Used For Identifying The Home Remedies/Indigenous Methods Were:

- Participatory Rural Appraisal (PRA) for interacting with rural communities for understanding and learning from them.
- Interview method –The conventional technique was used to interview to elicit the in-depth information
- Key Informants (KI like local health healers and old women) interview- was used for obtaining Special information on chosen topic from a key person within a social system
- Focus Group Discussion: for generating information from semi structured group sessions held in informal setting to have information on a pre-designated topic.
- Participant observation: An approach used for mutual sharing and learning where the observer becomes an active and functioning member of the system in order to observe practices.
- Transect walk: A method of walking with the rural women in their fields or in the village to seek in depth information of indigenous practices.
- The scientific validation was done by taking views or consulting the experts and scientific literature.

3.2.1 Scenario of Medicinal Plants for Health Security:

- The rural families use plant plant sources for medicinal purposes.
- The plant sources cover various types of habits such as trees, herbs and shrubs creepers/climbers.
- The parts of plant kingdom include roots, bark, leaves, flowers, fruits, nuts, bulbs, resins, dry stem, shoots and sometimes whole plant.

- The different parts of medicinal plants are used in processed or unprocessed form depending on the purpose for which it is being used, that is, for consumption or external use.
- The medicinal purpose include curative, preventive, promotive and protective functions along with controlling, improving, reducing, inducing and improving the signs and symptoms of diseases.
- The plant sources with medicinal properties are commonly available at home for dietary purpose and many a times such plants are grown at home for health care.

3.3 Results and Discussion:

The results of the documented work of the common ailments are briefly presented below

3.3.1 Cough and Cold:

- *Ocimum tenuiflorum* also known as sacred basil in English, Kari tulasi in Kannada. 6-8 Leaves are crushed and grind with 10g ginger then add half tea spoon of honey to the extracted juice. Consume 3-4 drops twice a day for a week.
- *Zingiber officinale* also known as Ginger in English, shunti in Kannada. Boil 5g ginger and cardamom each in one glass of water till it becomes half glass. Take one fourth tea spoon with honey in the morning and evening for a week.
- *Curcuma longa* known as turmeric in English, Arishana in Kannada. Mix half a tea spoon turmeric powder with one glass of hot water and consume twice a day for 5-7 days.
- *Citrus aurantifolia* in known as lime in English, nimbe in Kannada. take one glass of hot water and add one to two tea spoon of lime juice and drink once in a day for 2-3 days.
- *Eucalyptus globulus* known as Eucalyptus in English, nilgiri in Kannada. One part of eucalyptus oil and ten parts of any oil and massage the oil on the chest twice a day till one get relief.

3.3.2 Diarrhoea:

- *Trigonella foenum-graceum* commonly called as Methi. Seeds are soaked in water till they swell up. One teaspoon of the soaked seeds are to be consumed once daily till the problem persists.
- *Punica granatum* commonly known as pomogranate in English and dalembe in Kannada. Extract juice from one fruit and mix with a cup of milk. Drink once daily for 2-3 days.
- *Mangifera indica* commonly known as mango in English and mavu in Kannada. Dry mango stones in shade and then grind into fine powder. Take half a teaspoon with honey till symptoms persists.
- *Coriandrum sativum* commonly known as coriander in English and havej/ kotambari in Kannada. Take coriander seeds and soak overnight. Grind and add one cup of butter milk. Drink in the morning till symptoms persists.

3.3.3 Constipation:

- *Trigonella foenum-graceum* commonly called as Fenugreek in English and Menthe in Kannada. About 100g of fenugreek seeds are mixed with 500g of jiggery and small balls of about 5g each are prepared. One ball is to be consumed twice daily with warm water for 2-3 days or till the problem persists.

3.3.4 Toothache:

- *Allium sativum* commonly known as garlic in English, Ballolli in Kannada. Take one split of garlic and place it in tooth cavity till pain reduces.
- *Azadirachta indica* commonly known as Neem in English, bevu in Kannada. Take a 6" stem and crush one end with teeth and place it in tooth cavity till the pain reduces.
- *Cuminum cyminum* commonly known as cumin in English, jeerege in Kannada. Grind 10g of and 10g rock salt to make powder. Rub teeth with this powder twice a day till the pain subsides.
- *Curcuma longa* commonly known as turmeric in English, arisana in Kannada. Boil water with ½ tsp turmeric powder and a pinch of salt. Gargle with this liquid twice a day

- *Syzygium aromaticum* commonly known as clove in English, lavanga in Kannada. Take a piece of clove and keep it inbetween painful teeth for 5-10 minutes in the morning and evening.

3.3.5 Fever:

- *Allium sativum* commonly known as garlic in English, Ballolli in Kannada.
- Take ½ bulb garlic and ½ tsp black pepper. Put them in one cup of water and boil for about 5 minutes. Strain it and add one tsp honey. Take one tsp once a day for 3 days.
- *Allium cepa* commonly known as onion in English, ullagaddi inKannada.
- Extract the juice from one medium size bulb and apply on the forehead to subside the fever.
- *Azadirachta indica* commonly known as Neem in English, bevu in Kannada. Extract juice from neem leaves and mix in a bowl of water. Take a cup daily till the problem persists.

3.3.6 Weakness:

- *Asparagus racemosus* commonly known as Satavari in English and majjige gadde in Kannada. Grind 15g dried root to make a fine powder. Consume 5g of this powder with a glass of warm water daily.
- *Acorus calamus* commonly known as sweet flag in English and baje in Kannada. Grind one rhizome of sweet flag and one rhizome of ginger to make powder. Mix with ghee to form the paste. Add 25g powdered sugar. Take the mixture daily early in the morning before tea for 7 days.
- *Tinospora cordifolia* commonly known as guduchi in English and amrutha balli in Kannada. Take 100g stem and make decoction by adding 300ml of water. Take ½ cup of decoction twice a day for 15-20 days.

3.4 Conclusion:

There is enough evidence that home remedies are in vogue even today in many rural households and that the different medicinal plants are important in treatment of a number of health problems. The documented information could be promoted as an alternative medicine for health and well-being of children & adolescents and could also be popularized so that the people can derive the benefits of these practices.

3.5 References:

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