

# Gentle, Effective Cures

## Traditional Remedies From Villageherbs



**Village herbs™**  
Traditional Remedies

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**Symptoms of white discharge** - White or yellow discharge from female genital tract; Foul smelling discharge; Pain in the lumbar region; Pain in the lower abdomen; Itching over genitalia

**Dosage of medicine** - 2 Capsule (500 mg each) thrice daily with warm cows milk before food for 5-7 days for acute condition and minimum of 15 days for chronic condition.

**Duration** - 5 days

**Diet restriction** - Avoid non-vegetarian diet; Avoid pungent, sour diet; Taking tender coconut water will help in the process of treatment. Advises and suggestions-

1. Avoid sexual intercourse and strenuous work
2. Wash the genital area twice a day, keep it clean and dry

### >Pittanil: Choornam/powder.

Indication- Hyper acidity, nenjukariipu, pasiyyinmai

*What is hyperacidity? What are their symptoms?*

The stomach normally secretes acid, which helps in digestion of the food. Over production of this acid is called hyperacidity. This generally occurs in persons who eat lot of chillies and spices and are exposed to mental strain.

**Symptoms of hyperacidity** - Acid eructation; burning sensation in the chest. Indigestion; pain in stomach; constipation or diarrhea; vomiting or regurgitation.

**Dosage** - 5gms thrice daily preferably before food for five days and have with water or cow's milk.

**Diet restriction** - Avoid fried foods, lentils, chillies, spices and groundnut oil; Milk can be taken frequently.

**Suggestions/advises** - Fasting irregularity in food should be avoided; Patient should avoid mental tensions; Patient should go to bed early.

### >Nisa amlaki: Choornam

Indication: beginning stages of diabetes.

*What is Diabetes?*

Diabetes is a condition when the body is not able to convert blood sugar into energy for its use and the sugar level raises in the body as a result.

**Symptoms** - Increased thirst; extreme tiredness; frequent urination; weight loss; general itching; blurred vision.

This is a judicious combination of two anti-diabetic herbs. Astanga Hrudya advises this choorna in the initial stages of diabetes. It helps in bringing out the optimum level of function of the bodily elements. It brings down the sugar level in the blood, improves digestion and sugar metabolism.

**Dosage** - 5g thrice daily with warm water in the morning on empty stomach and in evening are a good complimentary treatment in diabetes.

**Diet restrictions** - Consume unpolished rice, whole wheat, raggi etc. vegetables like ladies finger, moringa, spinach and bitter gourd, pulses like green gram and avoid fried items. Switch over to honey and palm jaggery in small amount. Exercise regularly.

If improvement is felt the information on additional medicines and dose can be acquired from a trained Ayurvedic physician.

### >Honey:

Ayurveda extols the medicinal properties of honey. It is excellent medium for consuming ayurvedic medicines.

According to modern science honey has anti-oxidant properties and helps in bodybuilding. Honey is sweeter and provides more energy and nourishment than table sugar. Try this sweet way to good health, every day.

### >Home remedies:

Check out our home remedies presented in choornam form in sachet. Home remedies are available for pimples, constipation, loose motion, anemia, insect bites, mouth ulcer, and sore throat. These are also made from traditional remedies backed by ayurvedic references.

### General:

All our medicines are made under strict supervision of an ayurvedic physician in a licensed unit, approved by Department of Indian System of Medicine, Tamilnadu. The chosen herbs are recognized for their usage for appropriate conditions selected and backed by ayurvedic references. The herbs are supplied by self-help groups and processed in a production unit confirming to Good Manufacturing Practices (GMP). They have also undergone clinical trials.

Self-help groups of gatherers and small cultivators of medicinal plants who are also involved in conservation and sustainable harvesting of these plants own our company. Each product that you buy directly contributes to their incomes and livelihood.

Also try our Honey sold under the same brand name "Village herbs". These are available in all Food World, Nilgiris and Apollo pharmacies, some select supermarkets in Bangalore.



## "Village Herbs" Medicine & Usage

According to Ayurveda, diseases occur mainly due to the imbalance of three doshas (vatha, pittam and kapham) and "village herbs" medicine helps in bringing back the doshas to normalcy. As it is bringing back the doshas to normalcy the effect obtained by the medicine will be long lasting. In the process of bringing the doshas to normalcy, it consumes some time and hence the effect may be slow but **steady**.

### Dos and Don'ts during the course of treatment-

Do not expect the results with just single dosage of medicine.

Do complete the prescribed course

Do follow the prescribed diet restriction. Do keep the medicines neatly packed, away from sunlight, moisture, rodents, etc.

Do not try these medicines under serious and emergency condition, for this medicine is meant for primary health care.

#### Exclusion criteria-

1. Do not try these medicines on infants.
2. Do not try these in chronic debilitating or emergency condition.

### >Jwaracin: capsules

Indication of the medicine- Fever, Jwaram, kaichhal,

*What is fever? What are the symptoms?* Fever is a condition when body temperature is raised above the normal value of 98.4°F. Fever can be categorized into three

1. Low temperature-99 to 100°F
2. Medium temperature-101 to 103°F
3. High temperature-above 103°F

Symptoms of fever-Increased body temperature; Vague pain all over body; Tiredness; Bitterness in mouth; Loss of appetite; Coating of tongue; Increased pulse rate; Loss of perspiration

*Dosage of medicine* - 2 capsules (500mg.each) thrice daily for 3 days. 1 capsule thrice daily in case of children (above 4 years).

*Time of administration* - before food and have with hot water

*Diet restriction* - Light appetizing foods like gruel is always recommended during fever. Not to take oily foods, cold & chilled foods, spicy foods etc. Always consume boiled water. Do avoid cold-water bath and better to avoid bath for couple of days. Should avoid doing heavy works.

### >Sugam: Syrup.

Indication- Cough, Irumal, Sali, daggu, kenmu

*What is cough? What are their symptoms?*

Cough is essential defense mechanism that protects the airways from the adverse effect of inhaled noxious substances and also serves to clear them of retained secretion. Cough may be produced voluntarily. But more often results from reflex stimulation.

Symptoms of cough-irritation and pain in throat; Spitting out sputum, which may be foul smelling; Loss of appetite; Pain in the chest, back and abdomen; Difficulty in breathing; Sneezing; Giddiness and sleeplessness.

*Dosage of medicine* - 10ml thrice daily before food for 3 days or till cough subsides. 5ml thrice daily in case of children (above 4 years).

*Diet restriction* - Light and easily digestible diet; always consume boiled lukewarm water during cough; Avoid heavy oily foods, sweet foods, day sleep and smoking; do not take cold or chilled foods and drinks.

### > Haloe: Ointment

Indication- Wounds, cuts and cracks. *What is wound? What are their symptoms?*

Wound is a breach in the normal tissue continuum, resulting in a variety of cellular molecular sequelae. The term 'wound' is generally applied to more superficial forms of tissue damage. Cuts, scrapes, small wounds are inevitable in our day today life. These may be due to sharp metal pieces, broken glasses, iron instruments, etc. Prompt first aid together with this herbal formulation can help nature heal these problems and deal with germs.

*Symptoms of wound* - Bleeding; Pain; Loss of function; Swelling; Inflammation  
*Usage of medicine* - This medicine is to be used only for external application only.

Wounds or cuts should be cleaned thoroughly with fresh clean water. And wiped dry. Application of ointment is done making sure that there is no dirt or moisture.

Advises and suggestions to be followed before application

1. Check is there any foreign body embedded in the wound.
2. Check whether the wound is at special risk of infection such a case like dog bite.
3. Check whether the wound is deeply punctured by dirty objects.
4. Check whether the wound is with chronic infection.

All patients sustaining to open wound should have prophylaxis against tetanus.

### >Trigul balm: ointment

Indication - Joint pain/mootu vali/emikal noppi/

*What is joint pain? What are their symptoms?*

Joint pain may be associated with following symptoms: swelling over the joint; pain: stiffness or restricted movements: tenderness: weakness.

*Usage* - The ointment is only meant for external application. The ointment as required should be applied to the painful joints and gently massaged. Apply twice daily and wash with warm water after an hour.

*Duration* - one week

*Diet restriction* - Should avoid all vata aggravating foods like Potatoes, tuberous vegetables, raw bananas, egg, pulses, fried foods etc.,

*Advises and suggestions* - Avoid hard exercises and strenuous works; Yoga, walking and swimming can be done depending upon the condition; Hot water fomentation is recommended for sever joint pain.

### >Trigul: capsules

Indication- Joint pain, mootuvali.

*Dosage* - 2 capsule (500mg each) thrice daily after food and have with warm water for one week in case of acute condition and 10-15 days in case of chronic condition. Try both the medicines (balm as well as capsule) in case of severe joint pain.

### >Sukumari: capsule

Indication- White discharge/Leucorrhoea/vellai paduthal/thelupu/

*What is white discharge? What are the symptoms?*

Leucorrhoea commonly occurs due to monil infection or due to others. Due to infection there would be thick white discharge. Sometimes associated with soreness and always with severe irritation of vulva. Examination may show redness of vulva with white patches of thrush and reddened vulva and vagina.