

Bringing the Heat



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A Science of Medicine
The Art of Care

“Rain, Rain go away come again another day little Rahim wants to play!! This is a common nursery rhyme that children sing during the rains as the monsoon sets in; but ask any mother what they would say during seasons when colds and fluís are prevalent and the answer would most likely be, “Cold, Cold go away, we all just want to be healthy!” Colds and other ailments are synonymous with a change in weather, especially winter. There is much that you can do to assist during these spells. In this article we recommend some effective home-remedies, which are extremely beneficial, yet cost-effective and free from side-effects.

Common ailments associated with excess cold:

- Headache due to cold
- Cough
- Cold & Rhinitis

The common cold is defined in Tibb as a transformation in a person’s temperament whereby phlegm is increased in the body. Rhinitis is often associated with colds and fluís and refers to a runny nose where a build-up of phlegmatic fluid in the body is expelled. Common causes are:

- Seasonal
- Close contact with someone who has a cold.
- Getting drenched in the rain, wearing wet clothes or remaining in water for extended periods.
- Consumption of extremely cold food, fruits, ices and drinks

Tibb Treatment of colds is aimed at restoring a person’s ideal state by increasing heat in the body. In home-remedy formulations, many of which you will be familiar with, herbs and spices are often chosen for their heating, anti-inflammatory and soothing properties and for the benefit they incur in restoring strength to the patient. Please be advised that these are merely broad outlines of cold-related illnesses. If mucous is thick and green/yellow in colour, the advice of a doctor is recommended as an infection may be present.

Recommended remedies from common herbs:

Joshanda Decoction:

Ingredients:

- 10g Ginger
- 10g Cumin seeds
- 100g Jaggery (ghor)
- 10g Ground Black Pepper
- 150ml Boiled Water

Method:

Blend ginger, cumin and pepper to form a fine powder. Dry roast in a frying pan, then add powdered jaggery. Stir well and then add water. Lower heat and allow ingredients to come to a boil. Once the mixture has been reduced to half, pass through a sieve and allow to cool at room temperature. Patients are advised to take the mixture twice a day.

Turmeric Treatment : Ingredients:

- 50ml Water
- 4 Basil Leaves
- teaspoon turmeric
- 50mg Jaggery (ghor)

Method:

Grind basil and turmeric using water to make a paste. Simmer in a pan until mixture is smooth, than add jaggery. Stir paste into a glass of milk or water and take after meals. For Diabetic patients the remedy is recommended without jaggery.

Head Cold Remedy

Head colds are often associated with people suffering from sinusitis. It is also common to colds and flu's, allergies and hay fever. Tibb generally associates head colds, with an excess of phlegm in the layers of the brain, which is why it causes headache, earache and congestion in the upper respiratory tract. Other symptoms include a blocked nose, watery eyes, sneezing, restlessness and general weakness. It may hinder daily activities and leave the patient feeling weak. Often a head cold may precede the onset of a more serious flu and if home-treatment does not alleviate symptoms within 48 hours, it is recommended that you visit a practitioner.

The following remedies are beneficial as inhalants or massaged on the temples, forehead and chest. They may be used in conjunction with other treatments for the alleviation of symptoms associated with head colds.

- 4 drops Eucalyptus in 1litre boiling water
- 2 tbs Camphor mixed with 200ml Olive Oil
- Black Seed Oil or Black Seed Vapour Rub (Available from Tibb)
- Saline Solution – Used as nose spray

Other advice to aid recovery from colds:

- Eat a balanced diet rich in raw vegetables and fruits.
- Increase your intake of Vitamin C.
- The peel of garlic can be used for inhalation after bath.
- Dress suitably and keep the head and feet warm.

The home is a wealth of healing, use it to keep your family well in body, mind and soul.