ABSTRACT
It is well-known that every country has traditional cures for common diseases. Similarly in India also home recipes are advocated by Vaidyas and Hakims since antiquity because of easy to prepare and free of side-effects as well as the availability of basic ingredients easily in and around our surroundings. In this study a sincere effort is made by the authors to create awareness in the minds of present-day generation about the medicinal utility of various commonly available home remedies. On critical analysis, it is observed that nearly 20 herbs viz. Ajamoda, Ardraka, Sunthi, Hingu, Haridra, Jeeraka, Methi, Rajika, Dhanyaka, Lasuna, Palandu, Curry leaf etc. are the commonly available in every kitchen. It is also observed that these herbs are useful for the management of more than 20 different conditions such as indigestion, abdominal colic, common cold, cough, fever, diarrhoea, joint pains, hyper-acidity, urticarial rash etc. Along with the classical references latest research findings of the enlisted herbs are also documented in the present study.

Key Words: Kitchen Remedies, Herbs, Common Diseases, Traditional cures

INTRODUCTION
It is well-known that every country has traditional cures for common diseases. Similarly in India also home recipes are advocated by Vaidyas and Hakims since antiquity because of easy to prepare and free of side-effects as well as the availability of basic ingredients easily in and around our surroundings. In this study a sincere effort is made by the authors to create awareness in the minds of present-day generation about the medicinal utility of various commonly available home remedies.

Aims and Objectives
1. To list out and reveal the medicinal properties of the herbs which are commonly available in every kitchen.
2. To provide information related to the recent research findings of those herbs.
3. To make use of those herbs as a first aid for simple ailments.

MATERIAL AND METHODS
Famous compendiums of Ayurveda viz. Charaka Samhita, Susruta Samhita, Ashtanga Hridaya, Medieval works such as Vrindamadhava, Chakradutta, Vangasena, Sarangadhara Samhita, Nighantus as well as latest scientific print journals and e-journals have been consulted to achieve the aims and objectives of the present study.
1. External application of Ajwain oil is beneficial in Swollen and Painful Joints.
2. Hot poultice of the seeds is useful as dry fomentation for hands and feet.

Internal:
1. Intake of Ajwain seed powder one TSF (Tea Spoon Full) + One TSF dried ginger + One pinch black salt relieves Flatulence, Abdominal colic, Indigestion and Diarrhoea.
2. Hyper Acidity can be relieved by the internal administration of one TSF Ajwain seed powder + Rock salt.
3. Chewing of Ajwain seeds results in aversion towards Alcoholic Addiction.
4. Intake of Ajwain seeds mixed with jaggary relieves Urticarial Rash.
5. Goat’s ghee processed with Yavakshara and Ajamoda is useful in Hoarseness of voice.

Research Profile
1. Anticonvulsant activity
2. Seeds showed tranquilising activity
3. Celery seeds contain a compound, 3-n-Butylphthalide, that has been demonstrated to lower blood pressure in rats

2. ARDRAKA (Ginger), Zingiber officinale (Zingiberaceae)

Indications: Appetiser and Anti-flatulent

Therapeutic Uses
External:
2. Ear drops of Ginger juice relieves Earache

Internal:
1. Chewing of a small piece of ginger with little salt before meals improves the Appetite and Taste.

3. DHANYAKA (Coriander), Coriandrum sativum (Umbelliferae)

Indications: Jwara, Daha, Trishna, Chardi, Kasa, Swasa, Krimi.

Therapeutic Uses
Internal
1. Intake the decoction of Dhanyaka, Sunthi and Erandamool relieves Amavata(Sa.Sa. M.K.2/63,64).

Research Profile
Suresh C. Joshi et al, Reproductive Toxicology Unit, University of Rajasthan has reported that *C. Sativum* is a potent Hypolipidemic agent and provide protection against oxidative stress. In addition, *C. Sativum* also reduced cholesterol deposition in the aorta of high cholesterol diet animals.

4. ELA (Cardamom), Elettaria cardamomum (Scitamineae)

Indications:Hridroga, Kasa, Swasa, Mutra Kricchra, Chardi, Sirahsula, Arsas.

Therapeutic Uses
External:
1. Mutra Kricchra : Ela is given along with Dadhi Manda : Gadanigraha (G.N).
2. Timira: Ela powder is soaked in goat’s urine for 3 days and applied as collyrium.– Charaka Samhita Chikitsa Sthana (C.S.Ci.26).

5. HARIDRA (Turmeric), Curcuma longa (Scitamineae)

Indications:Prameha, Kushta, Krimi, Kandu, Vrana, Pandu, Kamala.

Therapeutic Uses
External:
1. Vyanga: Haridra and Raktachandana are made into paste with buffallo’s milk and applied externally. Vrinda Madhava (V.M.)

Internal:
1. Slipada and Dadru Kustha: Haridra powder is taken with jaggary and Cow’s urine.(V.M)
2. **Research Profile**

"Curcumin has been shown to exhibit antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer activities and thus has a potential against various malignant diseases, diabetes, allergies, arthritis, Alzheimer's disease, and other chronic illnesses."

As of October 2011 there are more than 4300 articles cited by Pubmed on the subject of Curcuma longa products including 1604 on Cancer, 66 on Arthritis, 181 on Alzheimer's disease and 151 on Diabetes.

1. Curcuma powder has been found to increase appreciably the mucin content of gastric juice in rabbits and thus may be useful in Gastric Disorders.
2. Anti-bacterial activity
3. Hypocholesterolenic effect
4. Anti-fertility activity
5. Anti-inflammatory effect
6. Anti-depressant effect
7. Hypo lipidaemic activity

8. KJ et al, Department of Oral Microbiology, Wonkwang University, South Korea reported that the ethyl acetate extract of C. longa demonstrated a higher Antibacterial activity than the methanol extract or water extract.
9. Jennie Wickenberg et al, Sweden reported in a study that the ingestion of 6 g C. longa increased postprandial serum insulin levels, but did not seem to affect plasma glucose levels or GI, in healthy subjects. The results indicate that C. longa may have an effect on insulin secretion.

6. **HINGU** (Asafoetida), *Ferula narthex* (Umbelliferae)

**Indications:** Krimi, Artavadosha, Murcha, Apasmarana, Shula, Agnimandya.

**Therapeutic Uses**

*External:*
1. Hingu on warm state is used to fill the Dental Caries (V.M).

*Internal:*
1. Vishama Jwara: Cathurdhaka Jwara is treated by snuffing Hingu mixed with old ghee (V.M).
2. Madatyaya: Hingu mixed with Sauvarchala Lavana and Maricha shall be given with Madya and Amlakanjika.- Charaka Samhita Sutra Sthana (C.S.Su 24/49)

**Research Profile**

The various pharmacological actions such as the Antioxidant, Antimicrobial, Antifungal, Anticancer, Anti-diabetic and various other activities of Ferula have been studied.

1. Anti-cancer activity
2. Luteolin exhibited Anti-polio virus activity
3. Luteolin and its 7-glucoside showed Anti-inflammatory and Anti-ulcer activity
4. Distinct Sedative effect
5. Hassanabad et al. reported the Antispasmodic activity of the oleo gum resin
6. Houghton et al. reported the Antifungal activity
7. Nabavi et al reported the Antioxidant activity
8. Abu-zaiton et al. reported the Anti-diabetic activity
9. Mishra et al. reported the Antimicrobial activity
10. Dandagi et al. studied the Hepato-protective activity

7. **JATIPHALA** (Nutmeg), *Myristica fragrans* (Myristicaceae)

**Indications:** Krimi, Kasa, Chardi, Swasa, Mukhavirasa, Sosha, Pinasa, Hridruja, Yavana Pidika.

**Therapeutic Uses**

*External:*
1. Yavana Pidika– External application of Jatiphala, Chandana, Maricha. – Yogaratnakara (Y.R)
2. Vipadika - Jatiphala Kalka is applied topically. - Vangasena Samhita (V.S)

*Internal:*
1. Atisara: Jatiphala and Sunthi kalka is given orally. (V.S.)
2. Visuchika: Cold infusion of Jatiphala shall be given orally. - Chakradutta (C.D.)

**Research Profile**

1. Mild Anti-bacterial activity
2. Anti-diarrhoeal effect

8. **JIRAKA** (Cumin seed), *Cuminum cyminum* (Umbelliferae)

**Indications:** Krimi, Jeernajwara, Kushtha, Grahani, Atisara, Gulma.
Therapeutic Uses
1. Amlapitta: Ghee prepared with Jiraka and Dhanyaka (C.D).
2. Chardi: Souvarchala, Lavana, Jiraka, Sarkara and Maricha are mixed with honey (V.M).
3. Vishama Jwara: Jiraka powder should be given with Jaggery (A.S.Ci.2/93).

Research Profile
Anti-fertility effect in early pregnancy in female rats.

9. LAVANGA (Clove), Syzygium aromaticum (Myrtaceae)

Indications: Trishna, Chardi, Adhmana, Kasa, Swasa, Hikka, Kshaya.

Therapeutic Uses:
External:
1. Lavanga is pounded and applied with warm water in Pain conditions (Val.Ma).

Internal:
1. Visuchika: Water boiled with clove is filtered and given (V.M).
2. Trishna: Fresh juice of Lavanga may be useful (G.N).

Research Profile
1. Anti-viral activity against herpes simplex.
3. They use as potent Anti-carcinogenic agents.
4. Analgesic and Anaesthetic property of clove oil (NIN, Hyderabad).
5. Kwang-Geun Lee, Department of Environmental Toxicology, University of California reported the Antioxidant property of clove buds.

10. MARICHA (Black pepper), Piper nigrum (Piperaceae)

Indications: Pinasa, Kaasa, Pravaahika, Hridroga, Krimi, Swasa, Soola.

Therapeutic Uses
1. Kasa: Maricha with sugar candy, ghee, honey (S.S.Ut.52/18).
3. Shoulya: Ten grains of Maricha are kept in a betel leaf and consumed, followed by intake of cold water for 2 months (V.M).

Research Profile
1. Taenicidal activity.
2. Antifungal activity.
3. Insecticidal activity.
4. Anti-bacterial and Anti-tumour activity.
5. Prashant B et al reported the Anti-diarrheal effect of black pepper. Preliminary phytochemical analysis showed the presence of carbohydrates and alkaloids as major constituents which may be responsible for the anti-secretory and anti-motility effect of ABPE.
6. Antidepressant activity of Piper nigrum fruit extract and comparison with Imipramine in mice models.
7. Jun Soo Bang et al Korea has reported that Piperine has Anti-inflammatory and Anti-arthritis effects.

11. METHIKA (Fenugreek), Trigonella foenum – greacum (Leguminosae)

Indications: Jwara, Prameha, Krimi, Soola.

Therapeutic Uses

Research Profile
1. Sharma et al NIN and ICMR Hyderabad reported the Hypoglycemic effect of Fenugreek seeds.
2. M. Prasanna et al, Dept. of Pharmacology, G.M.C. Hyderabad have reported the Hypolipidemic effect of Fenugreek seeds.
3. Breast Enlargement: Fenugreek triggers breast growth by stimulating estrogen and there by the production of prolactin. Both of these hormones are crucial to the development of the breasts.

12. MISREYA (Fennel), Foeniculum vulgare (Umbelliferae)
Indications: Yonisula, Agnimandya, Hridroga, Vibhandha, Krmi, Kasa, etc.

Therapeutic Uses
- **External:** Application of the paste of Misreya relieves Headache. (D.G.)
- **Internal:** Decoction of Misreya given as enema relieves Adhmana (D.G.)

Research Profile
Oral administration of seed extract for 15 days to male rats decreased total protein concentration in testes and vas deferens but increased in seminal vesicles and prostate gland. In female rats, it is observed that moderate doses increased weight of oviduct, endometrium, myometrium, cervix and vagina

13. **NIMBUKA** (Lemon), *Citrus medica* (Rutaceae)

Indications: Agnimandya, Gulma, Soola, Amlapitta, Visuchi, Vataroga.

Therapeutic Uses
1. Karnasoola : The oil prepared by using lime juice is useful. (Vai.Ma)
2. Amlapitta : Fresh juice of Jambiramay be given in the evening.

14. **Palandu** (Onion), *Allium cepa* (Liliaceae)

Indications: Vrishya, Rasayana

Therapeutic Uses
1. Hikka and Swasa : Bulb of onion should be mixed with breast milk and applied as nasal drops. (C.S.Ci.17)
2. Visuchika: Juice of Palandu in the dose of 80 ml.- Siddha Bhaisajya Manimala (S.B.M)

Research Profile
1. Anti-tumour effect
2. Bronchodilatory activity

15. **RAIKA** (Mustard), *Brassica juncea* (Brassicaceae)

Indications: Kustha, Kandu, Krmi

Therapeutic Uses
Mustard powder mixed with rock salt and taken with cow’s urine relieves Splenomegaly (G.N.).

16. **RASONA** (Garlic), *Allium sativum* (Liliaceae)

Indications: Vatavyadhi, Soola, Ajeerna, Vibhandha, Gulma, Swasa, Kasa, Rajayakshma.

Therapeutic Uses
2. Juice of garlic taken in the early morning with milk and meat soup alleviates Yoniroga (S.S.Ut.38).

Research Profile
1. Anti-inflammatory activity
2. Hypo glycaemic effect
3. Anti-microbial activity
4. Platelet aggregation
5. Anti-diabetic activity

17. **SUNTHI** (Dry ginger), *Zingiber officinale* (Zingiberaceae)
**Indications:** Soola, Amavata, Adhmana, Atisara, Slipada, Swasa, Hridroga, Sopha, Vibhandha.

**Therapeutic Uses**
1. Sunthi is given with milk relieves Pratisyaya (S.S.Ut.24).
2. Sunthi and Kuluttha are useful in Kaphaja Arshas (S.S.Ci 6).
3. Murcha: Swarasa is used as Nasya (B.P).

**Research Profile**
1. Anti-inflammatory activity.
2. Potent G.I stimulant.
3. Antibacterial activity.
5. Anti-inflammatory activity and hypo glycemic effect.
6. Anti-microbial activity.
7. Chetan Mishra et al, Herbal Research Section, Indian Institute of Toxicology Research has reported the Antioxidant and Antimicrobial activities in *Zingiber officinale*.
8. Antioxidant activity of the volatile oils of *Zingiber officinale* has been reported by Ragaa Hosny et al.
9. Ozougwu and Eyo of Physiology and Biomedical Research Unit, University of Nigeria have reported the Hypoglycemic activity of *Zingiber*.

**18. TILA (Sesame), Sesamum indicum (Pedaliaceae)**

**Indications:** Vataroga, Grahani, Agnimandya, Yoniroga.

**Therapeutic Uses**
**External:** Application of the paste of Sesamum seeds mixed with ghee relieves Bhagandara (Fistula-in-ano) (S.S.Ci.8).
**Internal:**
1. Udara: Tila is mixed with rock salt and administer internally. (V.M)
2. Bahumutra: Tila is the best medicine (S.B.M).

**Research Profile**
Antioxidant activity.

**19. TWAK (Cinnamon), Cinnamomum zeylanicum (Lauraceae)**

**Indications:** Kandu, Amajirna, Aruchi, Hridroga, Basthrioga, Krimi, Pinasa, Sukaroga.

**Therapeutic Uses**
1. Kasa: Powder of Twak, Ela, Pippali, Tavakshiri and sugar are mixed together and taken with honey. (A.H)
3. Pravahika: Twak powder given in 1 gr dose. (D.G.)

**Research Profile**
1. Anti-tumour activity.
2. Anti-allergic activity.

**20. SURABHI NIMBA (Curry leaf), Murraya koenigii (Rutaceae)**

**Indications:** Diabetes, Arthritis, Heart diseases, Liver disorders.

**Therapeutic Uses**
1. The leaves of *M. koenigii* are considered a stomachic, spasmolytic and helps promotes appetite and digestion.
2. The green leaves are taken raw to treat diarrhoea and dysentery.
3. It is also useful in the treatment of intestinal worms, abdominal colic and haemorrhoids.
4. The leaves treat digestive disorders like morning sickness, nausea and vomiting where the leaves are mixed with lime juice and honey.
5. Infusion of roasted leaves can stop vomiting. When grounded finely and mixed with butter milk, it helps to relieve stomach upset.

**Research Profile**
1. Arulselvan P et al reported that *M. koenigii* possesses statistically significant Hypoglycaemic effect.
2. Vasudevan Mani et al reported that *M. koenigii* leaves will be helpful in the management of Alzheimer's disease.
3. Mandal S et al reported the Anti-diarroheal activity of *Murraya koenigii* seeds.

**CONCLUSION**
As the entire world is looking towards the alternative medical systems for their health management, this is the right time to find out the gems of simple recipes by churning the ocean of Ayurvedic wisdom and make them available to the suffering mankind with easily available herbs in and
around the surroundings. Keeping this in view, the present study has been taken up and the study reveals that almost all the kitchen drugs are possessing medicinal properties and can be used safely as a first aid in many a number of common ailments. The recent research findings also support the observations and the teachings of the ancient seers.

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*Corresponding Author:
Dr. R. Vidyanath,
Professor and HOD, Dept. of Ayurveda Samhita,
Dr. B.R.K.R. Govt. Ayurvedic College,
Hyderabad – 520038, India
Email: vnratnakaram@gmail.com