

FOLKLORE/HOME REMEDIES IN TODAY'S ERA**Yusuf Ahemad Latif Ahemad Ansari^{1*}, Sunil G. Topre², P. Thakre³ and Suwarna Vyas⁴**

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ABSTRACT

Home remedies are defined as the treatment of disease by using medicine available in the home. Many of the remedies are having years of History, which might have developed by trial and error method and passed through generations. Even though many home remedies will give ambient relief in emergency situation, the practice is merely taking medicine without knowing the underlying pathology, there is a possibility to cause any harmful effect. In this era it is better to have a knowledge on the scientific explanation regarding the drugs we are using including its effectiveness in the specific condition, side effect and mode of action. So here some commonly used drugs are reviewed to evaluate its scientific basis in usage as home remedies. There is

nothing supernatural with the use of natural home remedies to treat any kinds of illnesses. Fruits and vegetables as well as herbs and spices have been recommended to cure these. They have also been used as the earliest form of medicines. Old societies have used this form of treatment until they were replaced by modern medicines. However, many are still going back to the old style of treating illnesses for it has been proven to give more benefits than its over the counter counterparts.

INTRODUCTION

Home remedies have become increasingly popular as the expense and hassle of conventional medicine continues to rise. Beyond the convenience, home remedies have found favor with a public that wants to take a more holistic approach to its ailments. Today herbs are catching a lot of attention due to their very nature of cure: simple, no side effects, no chemicals, inexpensive, plus the ability of being able to cure yourself. Many of the remedies are having years of history, which might have developed by trial and error method and passed through

generations. Even though many home remedies will give ambient relief in emergency situation.

Natural remedies can be used to efficiently treat a range of ailments through correct and regular usage. Whether it is to boost your child's immune system, preventing avoiding hair loss, treating persistent acne or dandruff, treating aches, pains or cuts and burns. The medicament present in many home remedies is in the form of alkaloids, essential oils, enzymes, trace elements and minerals. Once absorbed they are assimilated only in the quantity needed by the human body.

AIM AND OBJECTIVE

1. To evaluate the role of Home Remedies in Today's Era.

MATERIAL AND METHOD

Literature collected from Ayurvedic texts and Modern literature.

Review of literature

Turmeric

Turmeric is a mild digestive, being aromatic, a stimulant and a carminative. Turmeric is one of nature's most powerful healers. The active ingredient in turmeric is curcumin. The medicinal properties of this spice have been slowly revealing themselves over the centuries. Long known for its anti inflammatory properties, recent research has revealed that turmeric is a natural wonder, proving beneficial in the treatment of many different health conditions from cancer to Alzheimer's disease. Curcumin has been shown to be active against *Staphylococcus aureus* (pus-producing infections). Anemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds. Turmeric decreases Kapha and so is used to remove mucus. In the throat, watery discharges like leucorrhea, and any pus in the eyes, ears, or in wounds, etc. The rhizome is generally the part of the plant that is most widely used. It can be prepared in various ways and is reputed to alleviate asthma and coughs, Hot water extracts of the dried rhizome have been taken orally in Ayurvedic medicine to reduce inflammation. Turmeric is also regarded as a 'rasayana' herb, which is a branch of Ayurvedic medicine. Here turmeric is used to counteract ageing.

Health benefits of turmeric in our daily life

1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns.
 2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer.
 3. Prevented breast cancer from spreading to the lungs in mice.
 4. May prevent melanoma and cause existing melanoma cells to commit suicide.
 5. Reduces the risk of childhood leukemias.
 6. Is a natural liver detoxifier.
 7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain.
 8. May prevent metastases from occurring in many different forms of cancer.
 9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects.
 9. Has shown promise in slowing the progression of multiple sclerosis in mice,
 10. Is a natural painkiller and COX-2 inhibitor,
 11. May aid in fat metabolism and help in weight management.
 12. Has long been used in Chinese medicine as a treatment for depression.
 13. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis.
 14. Boosts the effects of chemo drug paclitaxel and reduces its side effects.
 15. Promising studies are underway on the effects of turmeric on pancreatic cancer.
 16. Studies are ongoing on the positive effects of turmeric on multiple myeloma.
 17. Has been shown to stop the growth of new blood vessels in tumors.
 18. Speeds up wound healing and assists in remodeling of damaged skin.
 19. May help in the treatment of psoriasis and other inflammatory skin conditions.
- Curcuminoids, the active compounds in turmeric, are sometimes used to decrease inflammation in arthritis. These potential anti-inflammatory effects could possibly help your skin, too.

Antibacterial potential

Turmeric may also treat and prevent bacteria in the skin that can otherwise contribute to acne cysts and staph infections. (Any active infections should be looked at by a doctor first, though!)

Acne treatment

With its anti-inflammatory potential, turmeric may be helpful in treating inflammatory acne.

This includes:

- Cysts
- Nodules
- Pustules
- Papules

The extract may also reduce the appearance of acne scars.

Antioxidant power

Turmeric is rich in antioxidants. Trusted Source When it comes to skin care, antioxidants can help keep free radicals from destroying healthy cells. This may prevent the onset of hyperpigmentation, scars, and other long-term skin concerns.

There's even the possibility that turmeric, along with other healthy lifestyle habits, may reduce the chances of skin cancer Trusted Source, but more studies are needed.

Reduced hyperpigmentation- Hyperpigmentation has been one focus of topical turmeric studies. If you have patches of skin that are darker than the normal surrounding tissue, this is hyperpigmentation. One such study found that a turmeric-based cream reduced hyperpigmentation by more than 14 percent Trusted Source over the course of four weeks.

Skin irritation- When applied topically, turmeric may reduce skin irritation. Some studies Trusted Source have supported curcuminoids as potential irritation-alleviators for breast cancer treatments.

Wrinkle treatment- Studies Trusted Source have suggested turmeric as a possible treatment for fine lines and wrinkles. It may work to improve overall appearance in skin texture, which, in turn, may make wrinkles less noticeable.

Ginger

Ginger is an important drug in Ayurveda. Ayurveda says that everybody should eat. Ardraka (ginger) before lunch and dinner for proper digestion of food. It not only alleviates the agni. (Digestive fire) but also helps in amapachana (remove toxic elements of the body) and srothoshodhana (Clearing the channels). Even though it is having action on different

system like digestive, respiratory, circulatory system, and nervous system. But mainly it is considered as a digestive tonic in home practice. Since years ginger is used as a home remedy to treat mainly for indigestion, nausea vomiting, breathing difficulty and arthritic complaints. Researches scientifically proved ginger to be efficient as home remedies in many currently practicing conditions.

A clinical trial investigated in effect of ginger extract on gastrointestinal motility showed that ginger accelerates gastric emptying and stimulates antral contractions in healthy individuals; studies on patients with functional dyspepsia have shown the same results with no alterations in the fundus dimension, gastrointestinal symptoms, or serum level of gut peptides such as GLP-1, motilin, and ghrelin. Ginger is proven to be an effective therapeutic option for asthma by administering alone or in combination with accepted therapeutics. It is observed that ginger induces broncho dilation by modulating intercellular $[Ca^{2+}]$ air smooth muscle. Active compounds of ginger such as shogaol, is proved to have ASM relaxant property in both animal and human trachea. This compounds relaxes the ASM and also attenuates airway hypersensitivity by altering $[Ca^{2+}]$.

Garlic

Garlic is another important component in complementary and alternative medicine. It is known as Lasuna in Sanskrit. It has attributed sara (relieves constipation), teekshna (strong), guna. It is one of the drug which is having action on almost all the system of the body, it iskasahara (relieves cough), jvarahara (relieves fever), pacana (digestant), kushtahara (alleviates skin diseases), amahara (relieves ama –product of undigested food), ashohara (relieves piles), medakrut (increases intellect). Only thing is that the condition of the disease in which it is to be applied should be specific, otherwise it shows altered effect. It is contraindicated in many conditions especially pitta aggravated condition as garlic increases pitta by its ushnaverya (potency) and katu vipaka, this is also the main reason why it is not used in excessive bleeding conditions. So practicing lasuna as a home-remedy without proper guidance is not highly recommended. Recently the usage of garlic is seen to be more in diabetic and hyperlipidemic patients. Going through the researches, in a preclinical trial it is reported that allin treatment enhanced glucose homeostasis, increased insulin sensitivity and improved the lipid profile in the DIO mice. This was, at least partly, attributable to allin induced modulation of the intestinal microbiota composition, typically decreased Lachnospiraceae and increased Ruminococcaceae. It also showed that allin had no significant

effect on the body weight, adiposity or energy balance. Allin has nutraceutical or even medicinal potential in prevention of diabetes and lipid metabolic disorders.

Curry leaf

Curry leaf is a commonly used home remedy. Following the folklore practice many people are using it in raw form to get rid of hyperlipidemia, and also profusely used by the diabetic patients. In Ayurveda it is a drug named as kaidirya mentioned in sakhavarga (green leafy vegetables). It is dipana (carminative) and garadosahara (anti poisonous) kasahara (reduces cough), jwarahara (reduces fever) ruchikara (increases taste of food), chardihara (relieves vomiting), pramehahara (controls diabetes), kustahara (good for skin diseases). Scientific article showing its action on hyperlipidemia and diabetes are: Murrayakoenigii is found to be an effective herb in the treatment of obesity and hyperlipidemia. It is found that, dichloromethane (MKD) and ethyl acetate (MKE) extracts of Murrayakoenigii leaves significantly reduced the body weight gain, plasma total cholesterol (TC) and triglyceride (TG) levels significantly when given orally. The observed antiobesity and antihyperlipidemic activities of these extract might be because of the carbazole alkaloids present in them. Extract mahanimbine is also effective in lowering body weight gain as well as plasma total cholesterol and triglycerides.

CONCLUSION

Scientific validation of Traditional knowledge is the need of the hour. A data will be accepted only if we are able to explain in a scientific way. Sometimes practical knowledge will also be rejected due to lack of evidences. So this article is specifically designed to find out the scientific explanation for some of the commonly used home remedies. In this article three commonly used drugs are reviewed to evaluate its scientific basis in usage as home remedies. The drug selection was made on the basis of its availability in every Indian home. All are proved to be effective in the treatment of the specific condition which acts by the virtue of its specific active ingredients in the drugs.