**Emergency Home Remedies during Disasters**

Bird Flu HPAI A H5N1 Swine Flu A H1N1 & Variants, Dengue, Chikungunya, Pneumonia, Fever, Abnormal Weight Loss, Unexplained Illness, Symptomatic relief in Diabetes Mellitus and Asthma, Radiation Exposure, Cholera, Trauma -Muscular Injury Cuts And Wounds, Hypothyroidism, Arsenic Poisoning - Natural Contamination, Measles, Anemia, Malnutrition

Diarrhea, Dehydration due to Diarrhea, Dysentery & Fluid loss, Burns, Swelling in Knee, Arthritic Conditions, Swollen Ankles, Numbness or Pricking Sensation in Fingers or Heaviness in Hand, Mix Edema, Weakness - especially during viral infections, Shivering in cold weather; Fatigue, Stress Related Hypertension, Cough and Cold – mild, Gastritis/gas or Acidity

Survival within the means available, through intake of Nutritional Supplements, is an option to aid general well being till medical and technological interventions are available and accessible. People weighing 40kgs & above, including children, can take the following *measures with water*, after eating a light meal i.e. eating at least two biscuits or equivalent and regular monitoring of inter drug related affects. People with related allergies, limitations if any or otherwise if restraint is advised by doctors must avoid consumption.

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Form/ Part</th>
<th>a</th>
<th>b</th>
<th>c</th>
<th>d</th>
<th>e</th>
<th>f</th>
<th>g</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric</td>
<td>Powder</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>2</td>
<td>2</td>
<td>-</td>
<td>2 – 5</td>
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<tr>
<td>Black Pepper</td>
<td>Powder</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>5</td>
<td>5</td>
<td>25 - 30</td>
<td>7 – 14</td>
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<tr>
<td>Amlaki</td>
<td>Juice</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>5</td>
<td>5</td>
<td>25 - 30</td>
<td>7 – 14</td>
</tr>
<tr>
<td>Ginger</td>
<td>Juice</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>5</td>
<td>5</td>
<td>25 - 30</td>
<td>7 – 14</td>
</tr>
<tr>
<td>Holy Basil</td>
<td>Leaf</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>5</td>
<td>5</td>
<td>25 - 30</td>
<td>7 – 14</td>
</tr>
<tr>
<td>Tree Dried Pods</td>
<td>Seeds</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>5</td>
<td>5</td>
<td>25 - 30</td>
<td>7 – 14</td>
</tr>
<tr>
<td>Leaves</td>
<td>Days</td>
<td>1/3 tsp</td>
<td>1/5 tsp</td>
<td>1/2 tsp</td>
<td>1/2 tsp</td>
<td>5</td>
<td>5</td>
<td>25 - 30</td>
<td>7 – 14</td>
</tr>
</tbody>
</table>

| Frequency: | During winters and cold days - **Twice a day**, morning preferably before 8.00AM and evening after sunset
|           | During summers, hot days and in high humid weather - **Once a day**, in the evening after sunset, preferably after 8.00PM
|           | Maintain a difference period of **1.5 - 2.0 hours** between intake of other medications/ medical interventions.
|           | Maintain an interval of **half an hour** between consumption of all the stated measures (in this document) and eatables.

* Item a & b i.e. Turmeric Powder & Black Pepper Powder are to be mixed together and swallowed with water. Rest are to be taken one after the other.

**Dehydration** due to Diarrhea, Dysentery & Fluid loss – drink fresh tender unripe coconut water (Cocos nucifera) OR Drink ORS OR prepare fresh combination of Common Salt 1/2 tsp, Baking Powder 1/2 tsp & Sugar 3 tsp mixed in 1 litre water – SOS. Quantity in first 4 Hours - 75 ml per kilogram body weight **One teaspoon - 5ml**

* Turmeric powder can be filled into the Muscular Injury - Cuts & Wounds and Bandaged

**Duration & Manner** – Gradually taper off by taking alternate days for a week, then after two days, then twice a week, once a week and thereafter once a fortnight

**Drumstick Tree/ Plant** is also commonly known as Mulakkaya, Murunga, Murungai Maram, Mushinga Saang, Nuggekayee, Sahjan, Sajina, Swejan, Saragvo, Shevga, Shobhanjana, Shigru, Sojine Danta, Sujana, Surajana etc

**Burns:** Apply Honey externally on the affected area/ locally and maintain continuous contact till further medical interventions

* Researching Home Remedies: Ethno-medicine for Vral Infections - Hepatitis & Liver Dysfunction, Dengue & related fevers, Swine Flu / Bird Flu; Chronic & Terminal Illnesses; Malnutrition; Poisoning - As, Fl, Cd, Hg, Pb etc

**Convenor sub head “Water” NDMA GOI - for evolution of Guidelines on Minimum Standards**

C-10, FF, Pink Apartments, Plot No 1/2, Sector-13, Rohini, New Delhi – 110085

Praveen Kumar Amar I sincerely wish these benefits you, your family members and friends. Good Luck

Disaster Management Consultant - Natural & Manmade

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Pkindconsul@hotmail.com Mobile: 80101 – 74998
Swelling in Knee then an assisting option: Pluck fresh leaves of a Female Papaya plant/tree - on which papaya grows, wash thoroughly and coarse grind on a Sil-Batta/ Silotta (slab of stone with a muller/ ुला & bathan - commonly used in kitchen for preparing food condiments/ chutney etc). Swallow two tablespoons of this coarsely ground paste with water - tastes very bitter. To be taken once a day for a maximum of two days.

**WARNING:** Please Avoid Consumption of Juice & Fine Paste of Papaya Leaves. The stated remedy should not be used during Pregnancy AND Lactating Mothers must avoid feeding the kids during the consumption period.

**Arthritic Conditions/ Pain in Joints** - mix of turmeric powder \(\frac{1}{3}\) tsp and black pepper \(\frac{1}{5}\) tsp can be taken for 3 - 7 days in for symptomatic relief. During winters and cold days - Twice a day, early morning before 8.00AM and evening after sunset and during summers, hot days and in high humid weather once a day, in the evening, preferably after 8.00PM.

**Swollen Ankles, Numbness or Pricking Sensation in Fingers or Heaviness in Hand:** 1 onion (Allium cepa) approx 25-30gm, after peeling skin, can be eaten raw on empty stomach/ SOS. User discretion is advised in consumption of soaked water of Barley Grains during winters/ cold days.

**Mix Edema** - filtered water can be consumed after soaking overnight two tablespoons of Barley Grains in a glass of water and one onion (Allium cepa) of approx 25-30gm, net weight after peeling the skin, can be eaten raw on empty stomach/ SOS. User discretion is advised in consumption of soaked water of Barley Grains during winters/ cold days.

**MEASLES** - Orally take the combination of these four items, after washing, grinding thoroughly, mix and heat with one tablespoon of water to consume namely: 1 piece of Long – Cloves (Syzygium aromaticum) + 2 leaves of Tulsi/ Holy Basil (Ocimum sanctum) + 3 pieces of Black Pepper (Piper nigrum) + 4 pieces of Raisin - Sultana/ Munaqqa (Vitis vinifera). Powder of 1-2 batase - sugar cakes can be added to taste. Once a day, in the evening, preferably after 8.00PM/ SOS

**Nutritional Supplement in Mal/Under Nutrition:** Leaves, Pods & Seeds of Drumsticks/ Moringa oleifera can be eaten as part of a regular food.

**Anaemia – low hemoglobin quantity:** Although generally accompanied with weight gain, 5 gm approx, of raw leaves can be eaten raw twice a day - morning & evening.

Pregnant Women must avoid consumption of the Drumsticks/ Moringa oleifera plant/ tree parts in the third trimester.

**Weakness, especially during viral infections OR Shivering in cold weather** - boil split Dry Dates (Phoenix dactylifera) 1 piece and cardamom (Elettaria cardamomum) 1 piece in a glass of milk till dry dates swell up or milk reduces to half a glass. Drink the milk before going to bed. To be taken once a day for a maximum of three days.

**Fatigue** \(\frac{1}{2}\) tsp of methi dana/ methrey (dried fenugreek seeds Trigonella foenum-graecum) and \(\frac{1}{2}\) tsp saunf (big variety, fennel - Foeniculum vulgare). Mix well and swallow with water once a day/ SOS.

**Stress Related Hypertension:** swallow with water 2.0 gm \(\frac{1}{2}\) tsp approx Dry Dhaniya Seeds Powder (Coriandrum sativum) once in the Morning empty stomach/ SOS.

**Cough and cold – mild:** chew raw or powder of a piece of cinnamon stick/ quill that is half the size of a phalange of the finger of hand. SOS/ During the winter and cold days two times a day, early morning before 8.00AM and evening after sunset and during summers, hot days and in high humid weather twice a day, in the evening, preferably after 8.00PM.

**PLEASE NOTE:** On taking any of the stated combination(s) (OR even otherwise, after eating food, but continuously not beyond 7 days), as per individual requirements and prudence, either of the eatables can be consumed as described hereunder for symptomatic relief especially, in common.parlance if gastritis/gas or acidity – burning sensation in stomach, throat, heart or murmur or palpitation or stomach or intestinal irritation or diarrhea or itching or any other related uneasiness is experienced.

- Drink \(\frac{1}{2}\) half cup cold milk + \(\frac{1}{2}\) half cup water OR drink 1-2 cups of fresh tender water of a unripe coconut (Cocos nucifera) OR chew and swallow seeds of 4 cardamom (Elettaria cardamomum) – SOS OR use in emergency or otherwise during summers, hot days and in high humid weather twice a day, morning after 8.00AM and evening after sunset and during winters and cold days - once a day, in the morning, preferably 10.00 - 11.00 AM;

- **Mixture of either of the powders (a) + (b) in equal parts by weight, swallow with water** 2.5gm : \(\frac{1}{2}\) tsp approx Morning & Evening/ SOS
  
  (a) Jeera (Cumin fruits often called Cumin Seeds) Grounded to Powder
  
  OR (a) Dhaniya (Dry Seeds Powder - Coriandrum sativum) Powder

  (b) Mishri (Threaded Rock/ Candy Sugar) Grounded to Powder
  
  OR (b) Mishri (Threaded Rock/ Candy Sugar) Grounded to Powder

- **OR** Dhaniya - Dry Seeds Powder - Coriandrum sativum – swallow with water 2.0 gm : \(\frac{1}{2}\) tsp approx once in the Morning/ SOS

- **OR** in certain extreme cases filtered water can be drunk after soaking overnight \(\frac{1}{3}\) tsp of Dhaniya - Dry Seeds WHOLE - Coriandrum sativum in a glass of water

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**Praveen Kumar Amar**

I sincerely wish these benefits you, your family members and friends. Good Luck

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pkindconsul@hotmail.com Mobile: 80101 – 74988
Thank you very much for sending the documents for my comments. Firstly, I would like to congratulate the NDMA team members to think of introducing this document for public welfare. I am sure the information made available to public will be of utmost use to them and will help manage such patients better. After receiving this document first I realized that more specific objective of this document must be revealed to the advisory member. Following are some of my suggestions.

1. Disaster management must include prevention of the disaster to occur equally with cure. Preventive measures must be included in this document along with the remedies suggested.
2. Inclusion of means other than herbal remedies suggested must be included. Home remedies doesn’t necessarily restrict to eatables. Means to physical protection can also be suggested. For example: Physical protection to avoid spread of viral infection, topical applications of toothpaste, or other cooling gels for burns etc. - Note below the tables states that ‘if all items are not available consume what is available’. Later gives a message that taking all the remedial measures are not important and one will be enough. Thus, the most important/ effective remedy for respective illness must be highlighted. For example: Moringa oleifera is the only ingredient that provides benefit of removing arsenic from the body, rest all only provide antioxidant benefits. Thus prior must be highlighted in case of arsenic exposure. - A small suggestion: For gastric acidity milk must be diluted with water before oral administration to the patient. - Lastly, I felt that the presentation of the document should be more clear and easy to understand. Hope the above comments might be of some value.

Dr. SJS Flora, Scientist 'G' (Associate Director), Head, Division of Pharmacology & Toxicology, DRDE Defence Research & Development Establishment, Jhansi Road, Gwalior-474 002, INDIA 13.01.2011

Thank you for giving me the opportunity to review 'Emergency Home Remedies during disaster situations. We can also think that during some of disasters like floods, earth quakes, drought etc., availability of these home remedies also questionable. In fact, I have sent your write up to few of my colleagues for their comments on the same. The essence is we do not have authentic data on antiviral activity of spices. However, these have potential antioxidant and int-inflammatory activities. Black pepper, its principle phytochemical 'piperine' which inhibits some of pro-inflammatory cytokines that produced by tumor cells. It also interacts with the signaling mechanisms between cancer cells, thereby reduce the chances of tumour progression. It also prevents oxidative stress, mainly caused by saturated fats. Piperine also improve the bio-availability of phytochemicals from other spices. Ginger effects on nausea, vomiting, osteoarthritis, lower the lipid profile. Turmeric, through curcumin helps in immunomodulation, by activating T & B cells and it also down regulate various pro-inflammatory cytokines and chemokines and enhance anti-body response. I hope this information may be helpful to you

Dr. A. Laxmiah, MBBS, DPH, MPH, MBA, PG Cert. (Applied Nutrition), Deputy Director (Scientist 'E'- Epidemiology), Division of Community Studies, NIN – ICMR National Institute of Nutrition, (Indian Council of Medical Research), Jamai-Osmania (Post), Hyderabad - 500 604 13.01.2011

“Your document on 'Emergency Home Remedies during Disasters' is really a good approach to make people aware of the potentials of home remedies and manage good health without much expense on treatment. If we consider different illnesses in the country like ours, these are mainly caused due to i) malnutrition (over or under nutrition), ii) infectious diseases and iii) disorders due to stress and iv) exposure to hazardous pollutants/contaminants. In all the cases oxidative stress caused by imbalance between pro and antioxidant level is involved either primary or secondary mechanism. All the herbs/ spices used in your formulations have antioxidant property due to presence of polyphenolic compounds. These plants have been used since ancient times in Ayurvedic preparations also and some have been evaluated scientifically. Like curcumin some active ingredients have also been isolated. You have made a good workable approach by putting all information with doses for different problems. These remedies are working well with most of the people but there may be variations in the response due to their prior use by individual in some form of food because each chemical, food constituent is dealt by drug metabolizing enzymes of the body once absorbed. Any way this is a good approach and one should try these remedies and propagate this knowledge.”

Dr Som Nath Singh, Scientist E, Head of Nutrition & Biochemistry Division, DIPAS Defence Institute of Physiology and Allied Sciences, Brig SK Mazumdar Marg, Timarpur, New Delhi-110054 30.12.2010

Viral Infections - H1N1, H5N1 etc

“By going through the composition I am of the opinion that this formula must work for most of the viral conditions also.”

Dr. Y.K.Gupta, M.D., FAMS, FNASC, FIPS, Professor and Head, Department of Pharmacology & Former President, Indian Pharmacological society, Editor Indian Journal of Physiology and Pharmacology

“Basic issue in preventive strategy for management of H1N1 flu is modulation of immune response. We have lots of formulation in Indian Systems of Medicine that may be useful. Suggested formulation appears promising.”

Dr. Rakesh Kumar Sharma, Scientist 'F' and Joint Director, Head, CBRN Defence, Institute of Nuclear Medicine and Allied Sciences (INMAS), Brig SK Mazumdar Marg, Delhi 110 054, India. 04.09.2009

“Regarding the composition of the formula, it can be stated that these are likely to act as immunoenhancers, anti-oxidant and suitable for use in the conditions of viral infections especially having respiratory problems, fever, body ache etc. This should preferably be taken after light food.”

Dr. M.M.Padhi, Deputy Director (Tech.), Central Council for Research in Ayurveda & Siddha, New Delhi - 110058. 07.10.2009

Dengue

Toxicity, other safety related issues and effectiveness have been collated from CCRAS, certain other sources including experts and own experience

“Based on some anecdotal reports on the internet, we started using Papaya leaves for treatment in patients with Dengue fever and found that the thrombocytopenia responded. However these cases were not properly documented. It would be good to have a controlled evidence based study in the next Dengue outbreak. If found effective this can prove to be a boon for treatment in Dengue fever by cutting cost of blood products, reducing exposure to transfusion transmitted diseases and need for hospitalization.”

Dr. Uma Khanduri MD, PhD, Head of Department, Laboratory Diagnostic Services, St. Stephen's Hospital, Delhi 02.12.2009

Radiation Exposure

Seeds of Drumstick Tree/ Plant are natural chelating agents and capable enough to influence arsenicosis - due to natural contaminant – arsenic poisoning. Necessary inputs were provided by Central Council for Research in Ayurveda & Siddha, New Delhi. This was initially researched and deduced by Dr MM Sirivastava, Head - Department of Chemistry, Dayalbagh Educational Institute, Dayalbagh, Agra – Uttar Pradesh. Further research and successful animal trials were conducted and published by Dr. SJS Flora, Scientist 'F', Defence Research and Development Establishment, Gwalior M.P.
उपर्युक्त पुरुष पोषाहत सामग्री के सेवन के माध्यम से जीवन की निरंतरता का एक विकल्प है, सामान्य स्वास्थ्य की बनापनें रखने का जब तक कि चिकित्सा और तकनीकी उपचार उपलब्ध नहीं है अथवा पहुँच के बाहर है। 10 किलो और इससे अधिक वजन के चिकित्सा-नियंत्रण अवश्य करें।

<table>
<thead>
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<th>बाहरी पद</th>
<th>चालू पद</th>
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<th>तुलसी</th>
<th>उपरोक्तर फूल/उल</th>
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<td>0.5 ग्राम</td>
<td>2.0 मिलिलीटर</td>
<td>2.0 मिलिलीटर</td>
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<td>7-14</td>
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<th>दैनिक पक्का संधी</th>
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<td>डौल</td>
<td>पानी</td>
</tr>
</tbody>
</table>

आपके नाम | नाम | 7-14 |
|-------------|------|------|

प्रशिक्षीय कूमार अमर | में तीन दिन से आपके लिए, आपके परिवार के सदस्यों और निर्देशों के लिए इन नामों की हीरोड काम करता है। संगठन कार्यक्षम सहित आपको प्रशिक्षण प्रस्तावना - चिकित्सा और मानव जीवन

*परिपक्वता चिकित्सा द्वारा थोड़ी उपयोग: संयंत्र - हेलेडियोक्स और सूक्ष्म/पीज़ा/सिला/रोग/मूल्य/ संयंत्र भारत / बी, पूरा और विकाशों: पूरा और स्वास्थ्य विभाग, कुंडल, विकास - As, Fl, Cd, Hg, Pb आदि

**संयंत्र उत्पाद उचित 'जल' रहेगे। आपके स्वास्थ्य द्वारा नक्काश मानक संचालन दिया निकलता है। गार्डनर्स के लिए छोटी सी - 10, फ्री मंजिल, फ्री ऑपरेटिंग; फ्री कंटेनर 1 / 2, सेटकर - 13, रोशन, नई दिल्ली - 110085

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पीसकर पानी का रस और मिश्रित चन्दी की खात्री से बढ़े। गर्मी के महीनों में इससे बढ़ता रहता है।

**शास्त्रीय विषय**

काली चन्दी का उपयोग दूध, दूध के उत्पादक, गोबोत्स के लिए भी किया जाता है। इसका प्रयोग अनेक आयुर्वेदिक प्राप्तियों में भी मिलता है।

**प्रयोग**

1. पीसकर पानी के मद्देनजर में उपयोग किया जा सकता है।
2. इसका उपयोग काली चन्दी के उत्पादकों में भी किया जाता है।

**प्रयोग के लिए निर्देश**

- पीसकर पानी का रस और मिश्रित चन्दी की खात्री से बढ़े।
- गर्मी के महीनों में इससे बढ़ता रहता है।

**सही प्रयोग**

- इसे गर्मी के महीनों में मिलाकर पीएं।
- इसे गर्मी के महीनों में मिलाकर पीएं।

**अनुपात**

- पानी का रस 1 हिंदा, चन्दी 2 हिंदा।
- पानी का रस 1 हिंदा, चन्दी 2 हिंदा।

**तैयारी**

- पीसकर पानी का रस और मिश्रित चन्दी की खात्री से बढ़े।
- गर्मी के महीनों में इससे बढ़ता रहता है।

**साइट**, **हेलो सिटी**, **हॉटल**, **न्यूज़ आयरलैंड**, **न्यूज़ आयरलैंड**, **न्यूज़ आयरलैंड**, **न्यूज़ आयरलैंड**