



## **HOME REMIDIES**

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# Home Remedy for Burns

As regular cooking and other fire related works as well as firecrackers etc. used in Indian festival Diwali poses great risks for burns, Ayurveda has developed various home and herbal remedies for burns. It uses many commonly found things at home to treat minor burns, burn pain and even for burn scar treatment. There are many herbal remedies for severe burns too as explained by Ayurveda.

- - The first thing to do for burn treatment is to make the burnt area cool by reducing the temperature there. As soon as burns are felt, apply cold water. However, don't make the burnt area too cold by using ice water as it can make the burn even worse (extreme cold can destroy as many skin cells as extreme heat does.)
- - After washing the burn wound with cold water properly, apply [honey](#) to as it prevents infection as well as heals the wound.
- - Use milk for soothing the burns. Soak the burned area in milk for about 10-15 minutes in cold milk or apply a milk-soaked washcloth to that area. The fat content of whole milk soothes burns and promotes healing.
- - Make a cotton ash paste by burning a piece of white cotton fabric and mixing its ash with olive oil any other cooking oil. Apply this thick paste on the burnt skin. Do not use cotton directly on burns as it tends to adhere to the wound.
- - Mix yogurt, barley and turmeric and make a paste out of them. Apply it for burns treatment.
- - Use Marigold (*Calendula officinalis*) to give first aid for burns injury. Apply Calendula infused oil or Calendula ointment for home burn treatment. Marigold compress can also be used for soothing burn injury.
- - Apply neat Lavender essential oil directly on the burn injury.

## Herbal Remedies for Severe Burns

Severe burns or third degree burns need more than simple home remedies for burns. [Herbs](#) are used for internal burns treatment.

- - Aloe Vera: Applying [aloe vera](#) is one of the great burns remedies. Cut off a small piece of fleshy aloe vera leaf, open it, and apply the fresh sap on the skin burn. If you don't have aloe vera plant at home, you may use aloe vera gel too. Always keep this gel handy as aloe vera is a very good astringent and has wonderful tissue-healing properties for skin burns.
- - Gotu Kola (*Centella asiatica*): Many ayurvedic medicines are made with the leaves of the small tropical plant called gotu kala. This herb has wonderful wound healing properties.
- - Echinacea (*Echinacea angustifolia*): To fight off the infections that can be caused by severe burns, the herb echinacea is used to boost immune system of the body. It can be found as ayurvedic herbal products like tincture.

## Home Burn Scar Treatment



### Burn Scar Treatment

Second degree and third degree burns can even leave ugly scars on skin. Ayurveda has many home remedies for this too. The following home burn scar treatments can be adopted for the same.

- - Papaya has enzymes that remove dead cells from the burnt area. After the burn wound is healed, apply mashed papaya on it.
- - Mashed banana can also be applied on burn scars. Wash the applied banana after about 10 minutes. It helps in lightening the burn scar.
- - Crush some [poodina](#) (mint) leaves and tie them in a muslin cloth. Extract the juice and apply it over the burn scar. The cool mint will soothe skin and also erase scar and if it is a deep scar, it will at least lighten it.

- - Take a half cut tomato and rub on the burnt rub it on the affected skin. Wash it after few minutes. This not only removes burn scars but also helps in reducing pain caused by it.
- - Rub raw garlic on the burn scar several times a day.
- - Cut potato slices and place them on burnt area. It reduces pain and prevents burn scars.