



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

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Backache Home Remedies

1. Boil ten tulsi leaves in one cup of water until the syrup is reduced to half a cup. Add salt to it after cooling. Take this mixture daily. For severe backache, take it twice a day.
2. Two or three cloves of garlic should be taken every morning. An oil prepared from garlic and rubbed on the back will give a good result in backache.
3. A dose of powdered dry ginger (sonth), sweet soda and salt, if consumed with hot milk or water, redresses backache.

Tips related to Backache Problem

- Keep yourself warm and eat hot items.
- While sleeping, sleep on a firm mattress. Avoid sleeping face down.
- Do some regular exercises. Increase the number