



HOME REMIDIES

SANTHOSH HERBAL HEALTH CENTRE

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Home Remedy for Headache

- Take clove, cinnamon and almond in equal quantities (around 1 teaspoon each) and grind together with a little water to make a paste. Apply paste on the forehead. A paste made of sandalwood powder can also be applied on the forehead.
- • Mix a quarter teaspoon of clove powder in one teaspoon of cinnamon oil. Apply mixture to the location of pain.
- • Take a few drops of ghee (clarified butter) on your palm. Mix 3 or 4 pieces of saffron in it, and rub it for two minutes. The saffron does not dissolve in the ghee, but its qualities are absorbed. Remove saffron and put two drops of this ghee in each nostril. • Dosage: Follow procedure twice a day.
- • Mix 1 tablespoon of milk and half teaspoon of ginger powder and put one or Dosage; two drops in each nostril twice a day.
- • Wrap a wet cloth around the neck.
- • Oil massage on the scalp also relieves tension and headache. Sesame oil, almond oil, mustard oil or ghee (clarified butter) can be used for massage.
- Heat 1 teaspoon of almond oil. When it cools down, put two drops in each nostril