

KABASURA KUDINEER

Constituent Herbal Drugs



Chukku (Dry ginger), Mulli Ver (Hygrophila plant),
Seenthil Kodi (heart leaved moon seed), Thippili (Long pepper)
Kadukkai thol (Chebulic Myrobalan), Siruthekku (beetle killer)
Lavangam (Clove), Adathodai Leaves (Malabar nut leaves)
Nilavembu (Green chiretta), Sirukanjori Ver (Indian stinging nettle)



Method of Preparation

Take 5 grams of Kaba sura Kudineer chooranam (powder)
in 240 ml water, boil, reduce to 60 ml and filter. Kaba sura Kudineer
has to be taken twice daily in the morning and evening.

Kaba sura Kudineer can be taken twice or thrice a week.

CO-MORBIDITIES

1. Diabetic individuals can drink Avaram poo tea.
Thiripalai powder - ½ spoon with hot water
morning and evening must be taken.
2. Hypertensive individuals can drink Seeragam
(Cumin Seeds) water. Further, Petals of
venthamarai flower (White Lotus),
Elam (Cardamom), piece of inji (Ginger),
Lemon peel mixed Herbal tea must be taken.
3. Asthmatic persons can drink Long pepper,
pepper, Karpuravalli leaves mixed Herbal tea.

*LET OUR FOOD BECOME MEDICINE
LET OUR KITCHEN BE OUR PHARMACY*



PREVENTION IS BETTER THAN CURE



**AYUSH
FOR IMMUNITY**

**ROUTINE PRACTICE
DIETARY TIPS
HERBAL TEA
KABASURA KUDINEER**



CENTRAL COUNCIL FOR RESEARCH IN SIDDHA

Ministry of AYUSH, Govt. of India

SCRI Building, Anna Govt. Hospital Campus, Arumbakkam, Chennai – 600106

Phone: 2621 1621, 2621 2421 Fax: 044-2621 1621,

Website: www.siddhacouncil.com, Email: ccrschennai@gmail.com

PREVENTION IS BETTER THAN CURE

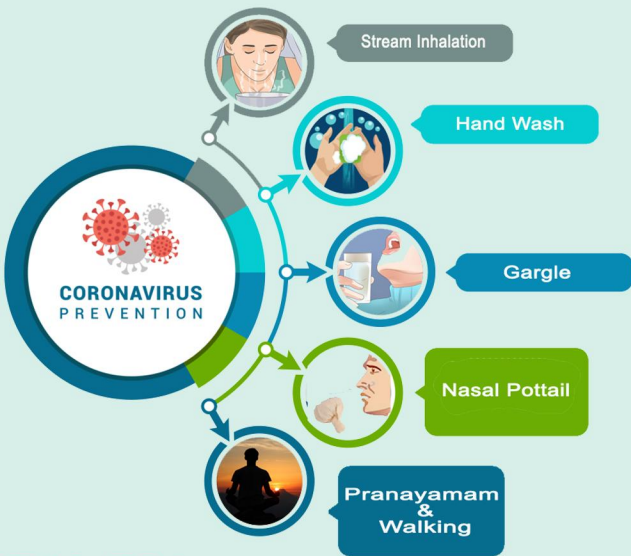
- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 metre (3 feet) distance between yourself and others.
- Avoid going to crowded places.
- Wear a fabric mask as masks are a key tool in a comprehensive approach to the fight against covid-19.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene.
- Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.
- If you have a fever, cough and difficulty breathing, seek medical attention.

ROUTINE PRACTICE

- Use water mixed with Turmeric (Manjal/Haldi), Aloe (Katraalai/kumari), or Alum (Padigaram/Fitkari) for frequent hand wash.
- Medicated steam inhalation once daily using leaves of Mint (Pudina), White chaste leaves (Nochi/Nirgundi), carrom seeds (Omam/Ajwain), Indian Borage leaves (karpooravalli/Pattaarchur), Neem leaves (Veppilai/Nimba), Turmeric (Manjal/Haldi) or Eucalyptus oil (Neelagiri thailam/Tail).
- Gargle with warm water mixed with Manjal (Haldi) and rock salt (Kal uppu/Kristal Namak) twice daily.
- Exposure to sunlight for 20 minutes daily (Preferably before 10 am and after 4 pm).
- Routine practice of walking and Pranayamam (Breathing exercise) for 30 minutes.
- Prepare a cloth pouch (pottanam) after gently frying Carrom seeds - Omam (5 gm), Black caraway seeds - Karunjeeragam (5 gm) and Green Camphor – Pachai karpooram (4 gm) and frequently inhale the pouch.
- 7-8 hours of good sleep.

DIETARY TIPS

- Daily drink 8-10 glasses of hot water.
- Drink juices rich in citric acid such as Orange, Lemon, Pomegranate, Pineapple and Tender coconut water during daytime.
- Take adequate quantity of protein rich lentils and pulses in diet.
- Include millets such as Thina (fox tail millet), Kezhvaragu (finger Millet), Mapillai Samba (bride groom rice), Kavuni (black rice) in diet.
- While cooking add spices such as turmeric (Manjal), pepper (Milagu), garlic (Poondu), coriander seeds (Dhaniya), star anise (Annaasipoo), clove (kiraambu), cumin seeds (seeragam), asafoetida (Perungayam) etc.
- Eat locally grown fresh fruits and vegetables. For example Fig (athi), red guava, panneer grapes
- Coriander leaves (kothumalli), mint (pudina), climbing brinjal (thoothuvelai), Indian gooseberry (nellikai) or veldt grape (pirandai / hadjora) can be made into thuvaial (chutney). Musumusukkai (aganaki), Indian coral tree (mullu murungai ilai / pangri), drumstick leaves (murungai keera / sahjan) used to make rice adai (dosai). Include bitter vegetables such as turkey berry (sundai/katai) and bitter melon (pagarkai/karela).
- Rasam can be made from pepper (milagu / kali mirch), veppam poo (neem flower), horse gram (Kollu/Kulthi), betel leaf (Vettrilai/Paan), etc.
- Golden milk: Mix ½ teaspoon turmeric powder, a pinch of pepper powder and palm candy to a glass of hot milk.
- Add Zinc rich foods like almond, Ivy gourd (kovakkai/tindora) and green vegetables to diet.



HERBAL TEA : AYUSH KUDINEER CHOORANAM(KWATH)

- Ingredients required:
- Thulasi (Holy Basil/Tulsi) – 4 Parts
 - Lavangapattai (Dalchini/Cinnamon Bark) – 2 parts
 - Chukku (Sunthi/Dried ginger)– 2 parts
 - Milagu (Kali Mirch/Pepper)– 1part
 - Water – 150 ml
 - Naatu sarkkarai (Taad ka Gud /Palm jaggery)– required amount
 - Lemon juice – ¼ teaspoon

Coarsely grind the raw ingredients. Take 3 grams of above powder and mix 150 ml of water and boil well. Filter and add palm jaggery.

Drink the Herbal tea twice daily

