

# Giant Book Of Herbal Tea Remedies



By

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# Herbal Teas for High Blood Pressure (Hypertension)

## Herbal Tea Recipes for High Blood Pressure #1

Ingredients:

ALFALFA Seeds, crushed 1 tea spoon

Water 4 cups

Preparation Method:

Boil the seeds in 4 cups water for 30 minutes and strain.

Preparation time: 30 minutes.

Dosage: 1 cup, 6-7 times a day.

## Herbal Recipes for High Blood Pressure #2

Ingredients:

HAWTHORN Dried blossoms, crushed 1 tea spoon

HAWTHORN Dried leaves, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

To prepare the tea, combine all three ingredients, including the boiling water, in a suitable container, cover and allow the tea to brew for 20 minutes. Strain the extract and take 2-3 times a day.

Preparation time: 20 minutes.

Dosage: ½ cup, 2-3 times a day.

## Home Made Herbal Recipes for High Blood Pressure #3

Ingredients:

MARIGOLD Flower heads, crushed 1-2 tea spoon

Boiling water 2 cups

Preparation Method:

Add the marigold flowers to the boiling water and let them steep, covered, for 15-20 minutes. At the end of the standing time discard the flowers and the tea is ready to drink.

Preparation time: 15-20 minutes.

Dosage: 1 cup, twice a day.

#### **Herbal Teas for High Blood Pressure #4**

Ingredients:

Parsley, chopped 1 tea spoon

Water 1 cup

Preparation Method:

Put the chopped parsley in 1 cup water, bring to a boil, then remove from the heat. Let the tea stand for 15 minutes, then strain.

Preparation time: 15 minutes.

Dosage: 1 table spoon, several times a day.

#### **Home Made Herbal Recipes for High Blood Pressure #5**

Ingredients:

RED PERIWINKLE Fresh/sun dried leaves, crushed 1 tea spoon

Water 1 cup

Preparation Method:

Suspend the leaves in the water and bring to a boil, cover and simmer for 10 minutes, remove from the heat and strain.

Preparation time: 10 minutes.

Dosage: 1 table spoon a day.

## **Home Made Herbal Recipes for High Blood Pressure #6**

Ingredients:

STINGING NETTLE Young leaves, chopped 1 handful  
Boiling water 2 cups

Preparation Method:

Mix the leaves in the water, cover the pan and cool the mixture for 15 minutes, then strain. With the addition of a little lemon juice, the tea is ready to drink.

Preparation time: 15 minutes.

Dosage: ¼ cup a day.

## **Herbal Teas for Hypotension - Low Blood Pressure**

Ingredients:

ROSEMARY Fresh/dried leaves, crushed 1 tea spoon  
Boiling water 1 cup

Preparation Method:

Put the rosemary leaves in a suitable container and pour the boiling water over them. Cover and allow the tea to brew for 5-10 minutes. Strain and serve.

Preparation time: 5-10 minutes.

Dosage: 1 cup, twice a day.

# Herbal Tea Recipes for Acute Bronchitis

## Herbal Teas for Acute Bronchitis #1

Ingredients:

ELECAMPANE Root, finely chopped 1-2 tea spoon

Water 2 ½ cups

Preparation Method:

Prepare the decoction by boiling the chopped root for 15-20 minutes. After boiling, let the mixture stand for 15 minutes, strain and drink.

Preparation time: boiling time 15-20 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day.

## Herbal Recipes for Bronchitis (Acute) #2

Ingredients:

HOREHOUND Dried flowering plant, ground 1 handful

Water 2 cups

Preparation Method:

Raise the herb and water mixture to a boil and remove from the heat. Let it stand for 20 minutes, strain and drink when it has cooled.

Preparation time: 20 minutes.

Dosage: 1 cup a day, 1 table spoon at a time.

# Herbal Teas for Bronchial Catarrh

## Herbal Tea Recipes for Bronchial Catarrh #1

Ingredients:

ANISEED Seeds, crushed 1 table spoon

Water 2 cups

Preparation Method:

Raise the mixture to a boil in a covered pan, cool, strain and drink.

Preparation time: 1 minute.

Dosage: 1 cup, twice a day.

## Herbal Teas for Bronchial Catarrh #2

Ingredients:

PINE Dried young shoots 1 table spoon

Water 1 cup

Preparation Method:

Macerate the herb in cold water, then bring the mixture to a boil. Remove from the heat and let it stand covered for 15 minutes. Strain before drinking.

Preparation time: boiling time 1-2 minutes; standing time 15 minutes.

Dosage: ½ cup, twice a day.

# Herbal Teas for BURNS

## Herbal Recipes for Burns #1

Ingredients:

MARIGOLD Whole flower head, crushed 1-2 tea spoon

Boiling water 2 cups

Preparation Method:

Place the herb in a pan, cover with the boiling water and steep for 15 minutes with the lid closed. Strain.

Preparation time: 15 minutes.

Dosage: 1 cup a day.

## Herbal Tea Recipes for Burns #2

Ingredients:

STINGING NETTLE Dried leaves, crushed 2 tea spoon

Water 1 cup

Preparation Method:

Boil the mixture of nettle leaves and water for 5 minutes.

Remove from the heat, cover the pan and allow the mixture to stand for 1 hour. Strain and drink.

Preparation time: boiling time 5 minutes; standing time 1 hour.

Dosage: 1/2 cup, 3 times a day.



# Herbal Tea Recipes for Common Cold

## Herbal Recipes for Common Cold #1

Ingredients:

CINNAMON Bark, powdered 3g

Water 1 ½ cups

Preparation Method:

Boil the cinnamon in the water for 15 minutes in a covered container. Strain the decoction and sweeten with sugar before drinking.

Preparation time: 15 minutes.

Dosage: 1/2 cup, twice a day.

## Herbal Tea Recipes for Common Cold #2

Ingredients:

DOG ROSE Dried rose hips, shredded 2 tea spoon

Water 2 cups

Preparation Method:

Boil the herb in the water for 10 minutes, keeping the vessel covered throughout. Strain the mixture and drink twice a day.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Teas for Common Cold #3

Ingredients:

GINGER Rhizomes, shredded 30g

Boiling water 2 cups

Preparation Method:

Cover the rhizomes with boiling water, close the lid of the pan and let the mixture steep for 5-20 minutes, depending on the strength of the tea desired. Strain the infusion before drinking the liquid extract.

Preparation time: 5-20 minutes.

Dosage: 1-2 cups a day.

### **Herbal Tea Recipes for Common Cold #4**

Ingredients:

HOLY BASIL Dried leaves, crushed 1 tea spoon

Water 2 cups

Preparation Method:

Prepare the decoction by cooking the leaves in 2 cups water till only 1 cup of the liquid remains in the pan. Strain the mixture and discard the leaves.

Preparation time: 15 minutes.

Dosage: 2 table spoon, 4 times a day.

### **Herbal Teas for Common Cold #5**

Ingredients:

Liquorice, powdered 1 tea spoon

Boiling water ½ cup

Preparation Method:

Mix the powder in 1/2 cup boiling water and let the mixture stand for 5 minutes. Strain the infusion and drink after meals.

Preparation time: 5 minutes.

Dosage: ½ cup, 3 times a day after meals.

### **Herbal Recipes for Common Cold #6**

Ingredients:

Fresh flowers, crushed 6g

Water 1 ½ cups

Preparation Method:

Add the flowers to the water and boil for 15 minutes, keeping the vessel covered. Strain the mixture and discard the flowers, retaining the liquid.

Preparation time: 15 minutes.

Dosage: ½ cup, twice a day.

## **Herbal Teas for Common Cold #7**

Ingredients:

Dried/fresh whole plant, chopped 1 tea spoon

Boiling water 1 cup

Preparation Method:

Soak the herb in the water for 5-10 minutes, then strain and drink.

Preparation time: 5-10 minutes.

Dosage: 1 cup, 3 times a day.

## Herbal Teas for Conjunctivitis

Ingredients:

EYEBRIGHT Dried herb, crushed 1 table spoon

Water 1 cup

Preparation Method:

Stir the herb into the water and boil the mixture for 2 minutes. Remove the pan from the fire, cover and cool for 5-10 minutes before straining.

Preparation time: boiling time 2 minutes; standing time 5-10 minutes

Dosage: 1 cup, 3 times a day.

# Herbal Teas for Constipation

## Herbal Recipes for Constipation #1

Ingredients:

CHEBULIC MYROBALAN Fruits, crushed 6 numbers

Water 1 ¼ cups

Preparation Method:

Prepare the decoction by boiling the herb together with 3g cinnamon for 10 minutes in a covered pan. Strain and drink in the morning.

Preparation time: 10 minutes.

Dosage: 1/2 cup, once a day.

## Herbal Teas for Constipation #2

Ingredients:

FENNEL Seeds, crushed 1 tea spoon

Water ½ cup

Preparation Method:

Soak the crushed fennel seeds in the water for 30 minutes, keeping the container covered. Strain the fennel tea and drink.

Preparation time: 30 minutes.

Dosage: 1 tea spoon, twice a day.

## Herbal Tea Recipes for Constipation #3

Ingredients:

PURGING CASSIA Pulp of ripe pod 12g

Boiling water ½ cup

Preparation Method:

Pour the boiling water over the pulp and allow the mixture to stand, uncovered, for 5-6 hours. Strain and drink at bedtime.

Preparation time: 5-6 hours.

Dosage: 1 table spoon at bedtime.

#### **Home Made Herbal Tea Recipes for Constipation #4**

Ingredients:

SENNA Leaves, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Steep the leaves in the boiling water for 30 minutes, keeping the lid of the vessel closed. At the end of the steeping period , strain the mixture and drink at bedtime.

Preparation time: 30 minutes.

Dosage: ½ cup at bedtime.

#### **Herbal Teas for Constipation #5**

Ingredients:

Fennel seeds, powdered 1/3 tea spoon

Linseed seeds J powdered 1/3 tea spoon

Liquorice root, powdered 1/3 tea spoon

Water 1 ¾ cups

Preparation Method:

Combine equal quantities of the three herbs and add this herb mixture to the water and boil, covered, for 10 minutes. Filter the decoction before drinking.

Preparation time: 10 minutes.

Dosage: 1 cup, 3 times a day.

# Herbal Tea Recipes for Cough

## Herbal Teas for Cough #1

Ingredients:

ANISEED Seeds, crushed 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

To prepare aniseed tea, place the crushed seeds in a pan and pour over the boiling water. Cover the pan and allow the tea to stand for 15 minutes. Strain and drink hot.

Preparation time: 15 minutes.

Dosage: 1 cup, 2-3 times a day.

## Herbal Tea Recipes for Cough #2

Ingredients:

CATNIP Dried leaves and flowering tops, ground 14 g

Boiling water 2 cups

Preparation Method:

Pour the boiling water over the herb and steep for 5-10 minutes. Strain and drink at room temperature.

Preparation time: 5-10 minutes.

Dosage: 1 cup on awakening and 1 cup at bedtime.

Caution: Not recommended for children under the age of two.

## Herbal Tea Recipes for Cough #3

Ingredients:

EUCALYPTUS Leaves, crushed ½ tea spoon

Boiling water 2/3 cup

Preparation Method:

Steep the eucalyptus leaves in the boiling water for 20 minutes. Keep the pan covered during the steeping period. Strain and drink.

Preparation time: 20 minutes.

Dosage: 2/3 cup, 3 times a day.

#### **Herbal Recipes for Cough #4**

Ingredients:

HOREHOUND Flowering tops, crushed 1 handful

Water 2 cups

Preparation Method:

Boil the flowering tops of horehound in 2 cups water in a covered container for 15 minutes. Remove from the heat and allow the tea to stand for another 15 minutes. Strain the mixture and drink at room temperature.

Preparation time: boiling time 15 minutes; standing time 15 minutes.

Dosage: 1 cup a day, 1 table spoon at a time.

#### **Herbal Recipes for Cough #5**

Ingredients:

LINSEED Seeds, crushed 15 g

Boiling water 2 cups

Preparation Method:

Pour the boiling water over the crushed seeds, cover the container and let the tea steep for 5-20 minutes. Strain and drink hot or warm.

Preparation time: 5-20 minutes.

Dosage: 1-2 cups a day.

#### **Herbal Tea Recipes for Cough #6**

Ingredients:

MALABAR NUT Leaves, crushed 7 numbers



Boiling water 1 cup

Preparation Method:

Steep the crushed leaves in boiling water for 15 minutes in a covered container and strain.

Preparation time: 15 minutes.

Dosage: 1-4 table spoon, 4 times a day.

### **Herbal Teas for Cough #7**

Ingredients:

VIOLET Dried flowers, chopped 1-2 tea spoon

Boiling water 2 cups

Preparation Method:

Mix the flowers with the boiling water and let the mixture stand for 5-7 minutes. Filter the watery extract and drink while it is still warm.

Preparation time: 5-7 minutes.

Dosage: 1 cup, 3 times a day.

### **Herbal Recipes for Cough #8**

Ingredients:

YARROW Dried flowering plant, crushed 2-3 tea spoon

Cold water 4 cups

Preparation Method:

Infuse the crushed plant in the cold water and allow the mixture to stand for 6-8 hours. Strain before drinking.

Preparation time: 6-8 hours.

Dosage: 1 cup, 4 times a day.

### **Herbal Teas for Cough #9**

Ingredients:

Coltsfoot leaves, powdered ¼ tea spoon

## Herbal Tea Remedies

Comfrey leaves, powdered ¼ tea spoon  
Marshmallow root, powdered ¼ tea spoon  
Sage leaves, powdered ¼ tea spoon  
Boiling water 2 cups

### Preparation Method:

Combine equal parts of the powdered herbs and pour the boiling water over the mixture. Let stand, covered, for 15 minutes and then strain the mixture.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day.

## Herbal Tea Recipes for Cough #10

### Ingredients:

Aniseed, powdered 1/3 tea spoon  
Sundew, whole plant, powdered 1/3 tea spoon  
Thyme, whole plant, powdered 1/3 tea spoon  
Boiling water 1 cup

### Preparation Method:

Combine the herbs and place in a container with a lid. Pour boiling water, cover and steep for 15 minutes. Strain and drink.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day.

## Home Made Herbal Tea Recipes for Cough #11

### Ingredients:

Liquorice root, powdered 3g  
Poppy seeds, lightly crushed 2g  
Water 1 cup

### Preparation Method:

Combine the lightly crushed poppy seeds with the powdered liquorice and place in a container. Pour 1 cup water over the mixture, bring to a simmer and remove from the heat. Let the tea stand, covered, for 10 minutes before straining.

Preparation time: 10 minutes.  
Dosage: 1 cup, 3 times a day.

## Herbal Tea Recipes Whooping Cough

### Herbal Recipes for Whooping Cough #1

Ingredients:

Marjoram, chopped 2 tea spoon  
Boiling water 2 cups

Preparation Method:

Combine the boiling water and the herb in a container, cover and let the mixture stand for 15 minutes. Strain the tea and drink at room temperature.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

### Herbal Tea Recipes for Whooping Cough #2

Ingredients:

MULLEIN Dried blossoms, crushed 1-2 tea spoon  
Boiling water 1 cup

Preparation Method:

Add the blossoms to the boiling water, cover the pan and steep for 10 minutes. Strain the tea before drinking.

Preparation time: 10 minutes.

Dosage: 1 cup, 2-3 times a day.

### Herbal Recipes for Whooping Cough #3

Ingredients:

THYME Leaves, tops, chopped 2 tea spoon  
Boiling water 1 cup

## Herbal Tea Remedies

### Preparation Method:

Steep the herb in the boiling water for 10 minutes in a covered vessel, then strain.

Preparation time: 10 minutes.

Dosage: 1 cup, 3-4 times a day.

Recommendation: Thyme tea is also recommended for spasmodic or dry coughs.

## **Home Made Herbal Tea Recipes for Whooping Cough #4**

### Ingredients:

Thyme leaves, ground 2/3 tea spoon

Sundew, whole plant, 1/3 tea spoon

Boiling water 1 cup

### Preparation Method:

Place the herbs in a container with a lid. Add the boiling water, cover and steep for 10-15 minutes. Strain the mixture, bring to room temperature and drink.

Preparation time: 10-15 minutes.

Dosage: 1 cup, 2-3 times a day.

# Herbal Tea Recipes for Cystitis

## Herbal Recipes for Cystitis #1

Ingredients:

BEARBERRY Dried leaves, coarsely powdered 1-2 tea spoon

Water 1 cup

Preparation Method:

Pour the water over the powdered leaves, cover the vessel and leave for 6-12 hours. Do not heat or boil the leaves as this will make them bitter and destroy their efficacy. Strain the liquid and drink it cold.

Preparation time: 6-12 hours.

Dosage: 1 cup, twice a day.

Caution: During the course of this treatment, the urine may turn a sharp green colour - a harmless side effect. Long-term use of this tea is not recommended as its high tannin content may result in constipation and an upset stomach.

## Herbal Teas for Cystitis #2

Ingredients:

BIRCH Fresh/dried leaves, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Drop the birch leaves into the water, cover and let the leaves steep in the water for 5-10 minutes. Strain the infusion, discard the leaves and drink the watery extract.

Preparation time: 5-10 minutes.

Dosage: 1 cup, 3 times a day.

## Herbal Tea Recipes for Cystitis #3

Ingredients:

JUNIPER Berries, lightly crushed 1 tea spoon

## Herbal Tea Remedies

Boiling water 1 cup

Preparation Method:

Soak the berries in the boiling water for 20 minutes, taking care to keep the vessel covered. Then strain, discard the berries and drink the liquid morning and evening.

Preparation time: 20 minutes.

Dosage: 1 cup, twice a day.

Caution: Not Recommended for pregnant women and those suffering from inflammation of the kidneys.

# Herbal Teas for Diabetes

## Home Made Herbal Recipes for Diabetes #1

Ingredients:

BABUL Bark, shredded 2 table spoon

Water 2 cups

Preparation Method:

Steep the bark in 2 cups water for 12 hours. Keep the lid of the container closed. Strain and drink the liquid.

Preparation time: 12 hours.

Dosage: 3-4 table spoon, twice a day.

## Herbal Tea Recipes for Diabetes #2

Ingredients:

JAMBOL Seeds, crushed 1 tea spoon

Water 1 cup

Preparation Method:

Soak the seeds in the water for 8 hours, then strain.

Preparation time: 8 hours.

Dosage: 1 table spoon, 3 times a day.

## Herbal Recipes for Diabetes #3

Ingredients:

COTTON SEED Seeds, crushed 1 tea spoon

Water 3 cups

Preparation Method:

Boil the cotton seeds in a covered container till the volume of the water is reduced to 1 cup. Strain the mixture and drink twice a day.

Preparation time: 30 minutes.

Dosage: 1 cup, twice a day

Caution: Not recommended for pregnant women.

#### **Herbal Tea Recipes for Diabetes #4**

Ingredients:

DANDELION Root, shredded 1-2 tea spoon

Water 1 cup

Preparation Method:

Heat the mixture of root and water and boil for 2-3 minutes. Then remove from the fire and let it stand covered for 15 minutes before straining.

Preparation time: boiling time 2-3 minutes; standing time 15 minutes.

Dosage: 1 cup, morning and evening for 4-6 weeks.

#### **Home Made Herbal Recipes for Diabetes #5**

Ingredients:

FENUGREEK Seeds, crushed 1 tea spoon

Water 1 cup

Preparation Method:

Soak the fenugreek seeds in the water, cover and leave overnight. Strain and drink the filtrate in the morning.

Preparation time: 8-10 hours.

Dosage: 1 cup a day.

#### **Home Made Herbal Recipes for Diabetes #6**

Ingredients:

MANGO Leaves, chopped 8-10 numbers

Water 1 cup

Preparation Method:

Place the leaves in a mortar, add the water and grind. Strain and drink.



## Herbal Tea Remedies

Preparation time: 5 minutes.  
Dosage: 1 cup a day for 20-25 days.

# Herbal Teas for Diarrhea

## Home Made Herbal Recipes for Diarrhea #1

Ingredients:

JAMBOL Root/leaves, crushed 1-2 tea spoon  
Boiling water 1 cup

Preparation Method:

Pour the boiling water over the root or leaves and steep in a covered pan for 10-15 minutes. Filter and drink the filtrate.

Preparation time: 10- 15 minutes.

Dosage: 1 cup, 6 times a day.

## Herbal Tea Recipes for Diarrhea #2

Ingredients:

BLACK PEPPER Seeds, crushed 5 numbers  
Water 1 cup

Preparation Method:

Boil the seeds in the water for 15 minutes in a covered container. Remove from the heat and strain.

Preparation time: 15 minutes.

Dosage: ½ tea spoon, twice a day.

## Herbal Teas for Diarrhea #3

Ingredients:

KNOTGRASS Flowering plant, freshly chopped 3-4 tea spoon  
Water 2 cups

Preparation Method:

Boil the knotgrass in 2 cups water for 15 minutes. Remove from the heat and set aside for another 15 minutes to cool. Then strain and drink as recommended.

Preparation time: boiling time 15 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day.

#### **Home Made Herbal Recipes for Diarrhea #4**

Ingredients:

MARJORAM Dried flowers, chopped 2 tea spoon

Boiling water 4 cups

Preparation Method:

Add the boiling water to the dried flowers, cover and let the mixture stand for 10 minutes, then strain.

Preparation time: 10 minutes.

Dosage: 1 cup, 4 times a day.

#### **Herbal Recipes for Diarrhea #5**

Ingredients:

SPEARMINT Whole plant, crushed 1 tea spoon

Water 2 cups

Preparation Method:

Raise the mixture of herb and water to a boil. After 5 minutes turn off the heat and let it stand covered for 10 minutes. Strain and drink.

Preparation time: boiling time 5 minutes; standing time 10 minutes.

Dosage: 1 cup, twice a day.

#### **Herbal Teas for Diarrhea #6**

Ingredients:

YARROW Whole plant, chopped 2-3 table spoon

Water 4 cups

## Herbal Tea Remedies

### Preparation Method:

Steep the chopped herb in 4 cups water for 5-6 hours, keeping the pan covered. Strain the extract before drinking.

Preparation time: 5-6 hours.

Dosage: 1 cup, 4 times a day.

## **Herbal Tea Recipes for Diarrhea #7**

### Ingredients:

Cinnamon bark 1.25 cm

Cloves 2-3 numbers

Pomegranate bark fruit, crushed 1 tea spoon

Water  $\frac{3}{4}$

### Preparation Method:

Combine the pomegranate bark and fruit with the water and boil for 10 minutes in a covered container. Add the cloves and cinnamon for flavour and strain.

Preparation time: 10 minutes.

Dosage: 2-4 tea spoon, 4 times a day.

# Herbal Teas for Fevers

## Herbal Tea Recipes for Fevers #1

Ingredients:

BLACK PEPPER Seeds, coarsely powdered 3-6 g

Water 2 cups

Preparation Method:

Mix the pepper with the water and boil the mixture till the quantity of liquid is reduced to 1/4 cup. Strain the decoction and sweeten with a little sugar.

Preparation time: 25 minutes.

Dosage: 1/4 cup, twice a day.

Recommendation: Black pepper tea is an effective treatment for obstinate fevers.

## Herbal Recipes for Fevers #2

Ingredients:

CORIANDER Seeds, crushed 1 tea spoon

Boiling water 2 cups

Preparation Method:

Add the coriander seeds to the boiling water, cover and steep for 15 minutes. Strain the infusion and drink several times a day.

Preparation time: 15 minutes.

Dosage: 1/4 cup, 4 times a day.

## Home Made Herbal Recipes for Fevers #3

Ingredients:

GARLIC Pods, grated 10 g

Water 1 1/2 cups

Milk 3 table spoon

**Preparation Method:**

Combine the milk and water and add the garlic. Bring this mixture to a boil and continue cooking till the liquid is reduced to 1/4 cup, then strain.

Preparation time: 15-20 minutes.

Dosage: 3 table spoon a day.

### **Herbal Recipes for Fevers #4**

**Ingredients:**

HOLY BASIL Dried leaves 11 g

Water 2 cups

**Preparation Method:**

Heat the mixture of leaves and water and cook until only half of the original volume remains. Strain this concentrate and add milk, sugar and cardamom to improve the taste.

Preparation time: 15 minutes.

Dosage: 1/4-1/2 cup, twice a day.

Recommendation: Excellent for treating malarial and dengue fevers.

### **Home Made Herbal Recipes for Fevers #5**

**Ingredients:**

NEEM Bark, lightly pounded 30 g

Water 3 cups

**Preparation Method:**

To prepare neem tea, boil the bark in 3 cups water for 15 minutes. Keep the container covered while boiling. Then remove from the fire and strain. Sweeten with a little sugar.

Preparation time: 15 minutes.

Dosage: 4-8 table spoon, 3 times a day.

### **Herbal Tea Recipes for Fevers #6**

Ingredients:

Black pepper seeds 5-10 numbers

Garden quinine leaves, fresh 15-30 numbers

Boiling water 1 ½ cups

Preparation Method:

Drop the herbs in the water, cover and steep for 15 minutes. Then strain the tea, discard the herbs and sweeten the extract with a little sugar.

Preparation time: 15 minutes.

Dosage: ½ cup, 3 times a day. Reduce the dose for children.

### **Herbal Teas for Fevers #7**

Ingredients:

Ginger rhizomes, crushed 2g

Mint leaves, crushed 2g

Water 1 ½ cups

Preparation Method:

Mix the 2 herbs in the water and bring to a boil. Cover and cook for 15 minutes. Strain the decoction and drink.

Preparation time: 15 minutes.

Dosage: ¼ cup, twice a day.

# Herbal Tea Recipes for Flatulence

## Herbal Recipes for Flatulence #1

Ingredients:

ANISEED Seeds, crushed 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

Put the boiling water and seeds in a covered container and let the tea infuse for 5-10 minutes. Discard the seeds by straining and drink the watery extract twice a day.

Preparation time: 5-10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Teas for Flatulence #2

Ingredients:

CARAWAY Seeds, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Place the crushed caraway seeds in the boiling water, cover the container and allow the mixture to steep for 15 minutes. Strain and drink.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

## Home Made Herbal Recipes for Flatulence #3

Ingredients:

FENNEL Seeds, crushed 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

To prepare the fennel tea, pour the boiling water over the seeds, then steep the mixture, covered, for 5-10 minutes. Strain the infusion and drink 1-2 teaspoons at a time.



Preparation time: 5-10 minutes.

Dosage: 1 cup, twice a day.

Caution: Not more than 1- 2 tea spoon of this tea should be taken at a time.

#### **Herbal Recipes for Flatulence #4**

Ingredients:

PEPPERMINT Dried leaves, crushed 1 tea spoon

Boiling water 2/3 cup

Preparation Method:

Infuse the crushed peppermint leaves in the boiling water for 5-10 minutes, depending on the strength of the tea required.

Strain the infusion and drink between meals.

Preparation time: 5-10 minutes.

Dosage: 2/3 cup, 3-4 times a day, between meals.

#### **Herbal Tea Recipes for Flatulence #5**

Ingredients:

SPEARMINT Dried leaves, crushed 1 tea spoon

Water 2 cups

Preparation Method:

Raise the mixture of leaves and water to a boil, remove from the fire and let stand for 5-10 minutes. Strain and drink the extract between meals.

Preparation time: 5-10 minutes.

Dosage: 1 cup, 3-4 times a day.

#### **Herbal Recipes for Flatulence #6**

Ingredients:

Caraway seeds, powdered 2/3 tea spoon

## Herbal Tea Remedies

Fennel seeds, powdered 2/3 tea spoon  
Peppermint leaves, ground 2/3 tea spoon  
Boiling water 1 cup

### Preparation Method:

Combine equal amounts of the herbs, pour boiling water over the mixture and let it stand for 5-10 minutes. Strain the tea and drink before meals.

Preparation time: 5-10 minutes.

Dosage: 1 cup, twice a day before meals, to be taken in small sips while still warm.

# Herbal Teas for Gallstones

## Home Made Herbal Tea Recipes for Gallstones #1

Ingredients:

AGRIMONY Leaves, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Drop the leaves into the boiling water, cover and steep for 10 minutes. Strain and drink as hot as possible in small sips.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Recipes for Gallstones #2

Ingredients:

ARTICHOKE Dried leaves, crushed 1-2 tea spoon

Water 1 cup

Preparation Method:

Add the leaves to the water, cover the pan and heat to boiling.

Remove the pan from the fire and let the tea brew for 10 minutes before straining.

Preparation time: 10 minutes.

Dosage: 1 cup, 2-3 times a day.

## Herbal Teas for Gallstones #3

Ingredients:

CHICORY Root, flowers, seeds, crushed 2 tea spoon

Water 1 cup

Preparation Method:

Pour the water over the herb, cover the container and steep for 10 minutes. Strain.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

#### **Home Made Herbal Teas for Gallstones #4**

Ingredients:

DANDELION Dried root, finely chopped 1-2 tea spoon  
Water 2 cups

Preparation Method:

Soften the root by soaking it in the water for 2 hours. Then heat the mixture and boil for 2 minutes. Remove from the fire and let it stand, covered, for 15 minutes and then strain.

Preparation time: boiling time 2 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day.

#### **Herbal Recipes for Gallstones #5**

Ingredients:

GRAPES Fresh/dried leaves, crushed 2-3 tea spoon  
Water 1 cup

Preparation Method:

Bring the mixture to a simmer, remove from the heat and leave it covered, for 15 minutes. Then strain and drink.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day for several weeks.

# Herbal Tea Recipes for Headaches

## Home Made Herbal Recipes for Headaches #1

Ingredients:

BALM Leaves, fresh/dried, crushed 2 tea spoon  
Boiling water 1 cup

Preparation Method:

Pour the boiling water over the leaves, cover the container and let the mixture stand for 10 minutes. Strain and sweeten with sugar or honey and drink hot.

Preparation time: 10 minutes.

Dosage: 1 cup twice a day.

Recommendation: Useful for tension headaches.

## Herbal Tea Recipes for Headaches #2

Ingredients:

GINGER Rhizomes, crushed 30g  
Boiling water 2 cups

Preparation Method:

Combine the ginger and water in a covered pan and let it stand for 25 minutes. Then strain the infusion and drink hot or warm.

Preparation time: 25 minutes.

Dosage: 1-2 cups a day.

Recommendation: Ginger tea is an excellent remedy for migraines.

## Home Made Herbal Teas for Headaches #3

Ingredients:

LAVENDER Blossoms, crushed 1 tea spoon  
Boiling water 1 cup

Preparation Method:

Drop the blossoms into the boiling water, cover the vessel and allow the flowers to steep for 10-15 minutes, then strain. The tea is ready to drink.

Preparation time: 10-15 minutes.

Dosage: 1 cup, twice a day, morning and evening for 2-3 weeks.

#### **Herbal Recipes for Headaches #4**

Ingredients:

ROSEMARY Leaves crushed 1 handful

Water 2 cups

Preparation Method:

In a covered container, boil the rosemary leaves in 2 cups water for 15 minutes, remove from the fire, cool and strain.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

Recommendation: Rosemary tea brings relief from migraine headaches.

#### **Home Made Herbal Recipes for Headaches #5**

Ingredients:

THYME Leaves, crushed ½ tea spoon

Water 2 cups

Preparation Method:

Boil the leaves in 2 cups water for 15 minutes in a covered container. Remove from the heat and allow the decoction to cool before straining it.

Preparation time: 15 minutes.

Dosage: 1-2 table spoon, twice a day.

### **Herbal Teas for Headaches #6**

Ingredients:

VIOLET Leaves, crushed 2 tea spoon  
Boiling water 1 cup

Preparation Method:

To 1 cup boiling water, add the crushed violet leaves and let the mixture stand, covered, for 15 minutes. Then strain and drink as recommended.

Preparation time: 15 minutes.

Dosage: 1 cup a day.

### **Herbal Tea Recipes for Headaches #7**

Ingredients:

Chamomile flowers, crushed 1 tea spoon  
Lavender flowers, crushed ½ tea spoon  
Valerian root, crushed ½ tea spoon  
Boiling water 1 cup

Preparation Method:

Place the herb mixture in 1 cup of boiling water, cover and steep for 8 hours. Strain and drink.

Preparation time: 8 hours.

Dosage: 1 cup, twice a day.

Caution: Pregnant and nursing women and children below two years of age should not drink this tea.

### **Herbal Recipes for Headaches #8**

Ingredients:

Lemon balm herb, crushed 1/3 tea spoon  
Lime flowers, crushed 1/3 tea spoon  
Rosemary herb, crushed 1/3 tea spoon  
Boiling water 1 cup

## Herbal Tea Remedies

### Preparation Method:

Combine the three herbs and pour the boiling water over this mixture, cover and let the tea stand for 15 minutes, then strain.

Preparation time: 15 minutes.

Dosage: 1-4 cups a day.



# Herbal Tea Recipes for Heart Disorders

## Home Made Herbal Recipes for Heart Disorders #1

Ingredients:

CARDAMOM Seeds, powdered 2g

Assam tea leaves ½ tea spoon

Boiling water 2 cups

Preparation Method:

Pour the boiling water over the tea leaves and let the mixture stand for 10 minutes. Strain the tea and add the powdered cardamom seeds to the filtrate. Stir and drink.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Recipes for Heart Disorders #2

Ingredients:

CASTOR OIL PLANT Root, shredded 90g

Water 3 cups

Preparation Method:

Make a decoction by boiling the root of the castor oil plant in 3 cups water in a covered container for 15 minutes. Add a little potassium carbonate to the mixture. Remove the container from the fire and let it stand for 15 minutes before straining.

Preparation time: boiling time 15 minutes; standing time 15 minutes.

Dosage: 1 cup, 3 times a day.

## Herbal Teas for Heart Disorders #3

Ingredients:

EPHEDRA Branches, chopped 15 g

Boiling water 2 cups

Preparation Method:

Put the chopped ephedra branches in the boiling water, cover the container and let the mixture steep for 5- 20 minutes. Strain the tea and drink it hot or warm.

Preparation time: 5-20 minutes.

Dosage: 1-2 cups of hot or warm tea a day.

#### **Herbal Recipes for Heart Disorders #4**

Ingredients:

Garlic cloves, pulverised 10g

Water ½ cup

Milk ½ cup

Preparation Method:

Combine all three ingredients in a covered pan and bring to a simmer. Continue to cook gently until only half the liquid remains. Strain and cool the decoction before drinking.

Preparation time: 7-8 minutes.

Dosage: 1/2 cup a day.

#### **Home Made Herbal Recipes for Heart Disorders #5**

Ingredients:

LAVENDER Blossoms, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Drop the blossoms into the boiling water, cover the container and let the flowers steep for 10 minutes. Strain the infusion, discarding the blossoms. The tea is now ready.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

## **Herbal Teas for Heart Disorders #6**

Ingredients:

VALERIAN Root, shredded 2 tea spoon

Water 1 cup

Preparation Method:

Add the shredded root to the water and let the mixture stand" covered, for 8 hours. At the end of the 8 hours strain the infusion and warm lightly before drinking.

Preparation time: 8 hours.

Dosage: 1 cup a day.

Caution: Valerian tea is not recommended for pregnant and nursing women.

## **Herbal Recipes for Heart Disorders #7**

Ingredients:

VIOLET Flowers, crushed 15g

Boiling water 2 cups

Preparation Method:

Pour the boiling water over the crushed flowers, cover the container and let the mixture steep for 5-20 minutes. Strain the infusion and discard the flowers.

Preparation time: 5-20 minutes.

Dosage: 1-2 cups a day.

# Herbal Teas for Impotence

## Home Made Herbal Recipes for Impotence #1

Ingredients:

CORIANDER Leaves, chopped 1 tea spoon

Boiling water 1 cup

Preparation Method:

To make the infusion, cover the coriander leaves with boiling water, close the lid of the pan and leave for 15 minutes, then strain.

Preparation time: 15 minutes.

Dosage: 2-4 table spoon a day.

Helpful hint: The extract of coriander leaves acts as an aphrodisiac, while that of coriander seeds suppresses the sexual urge.

## Herbal Tea Recipes for Impotence #2

Ingredients:

MARKING NUT Herb, crushed 1 table spoon

Water ½ cup

Preparation Method:

Boil the herb till only half the liquid remains in the pan, then strain the extract and discard the herb.

Preparation time: 3-4 minutes.

Dosage: 4 table spoon a day.

## Herbal Recipes for Impotence #3

Ingredients:

PEEPAL Fruit, root, bark or tender shoots, crushed

Milk

## Herbal Tea Remedies

### Preparation Method:

Put the crushed herb in the milk and boil for 10 minutes. Strain and add sugar or honey to the tea.

Preparation time: 10 minutes.

Dosage:  $\frac{1}{4}$  cup at bedtime.

# Herbal Tea Recipes for Indigestion

## Herbal Recipes for Indigestion #1

Ingredients:

ANISEED Seeds, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Pour the boiling water over the Crushed seeds and let the tea steep for 3-5 minutes. Strain and drink cold.

Preparation time: 3-5 minutes.

Dosage: 1- 2 cups a day, 1 table spoon at a time.

## Home Made Herbal Recipes for Indigestion #2

Ingredients:

BELERIC MYROBALAN Fruit pulp 1-3 g

Water 2 cups

Preparation Method:

In a suitable vessel, boil the pulp in the water for 15 minutes. Strain the extract, discard the fruit, and the tea is ready.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

## Herbal Recipes for Indigestion #3

Ingredients:

CHEBULIC MYROBALAN Powdered herb 3-12g

Water 1 cup

Preparation Method:

Mix together the herb and water. Do not boil or heat the tea but prepare at room temperature.

Preparation time: 5 minutes

Dosage: 1 cup, twice a day.

#### **Herbal Teas for Indigestion #4**

Ingredients:

CUMIN Seeds, crushed 1 tea spoon

Water 2 cups

Preparation Method:

Add the crushed seeds to the water, cover the pan and let the mixture boil for 15 minutes. Strain and drink hot or warm.

Preparation time: 15 minutes.

Dosage: 1-2 cups a day.

#### **Herbal Tea Recipes for Indigestion #5**

Ingredients:

GINGER Rhizomes, shredded 30 g

Boiling water 2 cups

Preparation Method:

Steep the shredded herb in the boiling water for 5-20 minutes in a covered container. Strain the infusion and drink once or twice a day.

Preparation time: 5-20 minutes.

Dosage: 1 cup, twice a day.

#### **Herbal Recipes for Indigestion #6**

Ingredients:

SPEARMINT Leaves, crushed 1 tea spoon

Water 2 cups

Preparation Method:

Put the leaves in the water, cover and bring the mixture to a boil. Continue boiling for 15 minutes, then remove from the heat, strain and drink while the tea is still warm.

## Herbal Tea Remedies

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

### **Herbal Tea Recipes for Indigestion #7**

Ingredients:

Cardamom seeds, powdered 11g

Coriander seeds, powdered 60g

Water 3 cups

Preparation Method:

Combine all the ingredients, cover the pan and bring to a simmer. Continue cooking till the water is reduced to 1/2 cup.

Strain before drinking.

Preparation time: 35 minutes.

Dosage: Adults: 3-4 table spoon, 3 times a day.

Children: 3;4-3 tea spoon, 3 times a day.



# Herbal Teas for Insomnia

## Herbal Recipes for Insomnia #1

Ingredients:

VALERIAN Fresh root, shredded 1-2 tea spoon

Water 1 cup

Preparation Method:

Soak the shredded valerian root in the water for 8 hours in a covered container, then gently warm the mixture, filter and drink the filtrate in the evening.

Preparation time: 8 hours.

Dosage: 1 cup in the evening.

Caution: This tea is not recommended for pregnant and nursing women.

## Herbal Teas for Insomnia #2

Ingredients:

Almonds 1.5 g

Bitter bottlegourd 1.5 g

Poppy seeds 3 g

Boiling water 1 cup

Preparation Method:

Pulverise the first three ingredients to a powder in a mortar.

Thoroughly stir the powder in the boiling water, then strain.

Discard half the liquid and sweeten the remaining half with a little sugar and drink at bedtime.

Preparation time: 10 minutes.

Dosage: ½ cup at bedtime.

## Herbal Recipes for Insomnia #3

Ingredients:

CALIFORNIA POPPY Flowering plant, crushed 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

Steep the herb in the boiling water for 10 minutes in a covered container. Strain the infusion and drink the liquid, morning and evening.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day, morning and evening for several weeks.

#### **Herbal Tea Recipes for Insomnia #4**

Ingredients:

HOPS Whole plant, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Let the hops soak in the boiling water for 15 minutes in a covered pan. Strain and drink in the evening.

Preparation time: 15 minutes.

Dosage: 1 cup in the evening.

#### **Herbal Recipes for Insomnia #5**

Ingredients:

MULLEIN Flowers, crushed 1-2 tea spoon

Boiling water 4 cups

Preparation Method:

Add the mullein flowers to the boiling water, cover the vessel and let the mixture stand for 20 minutes. Strain, and the tea is ready.

Preparation time: 20 minutes.

Dosage: 1 cup, 4 times a day.

# Herbal Tea Recipes for Jaundice

## Home Made Herbal Recipes for Jaundice #1

Ingredients:

GOKULAKANTA Root, finely chopped 1 tea spoon

Water 2 cups

Preparation Method:

Boil the root for 20-30 minutes in a covered vessel, strain and take 2 or 3 times a day.

Preparation time: 20-30 minutes.

Dosage: 2-4 table spoon, 2-3 times a day.

## Herbal Teas for Jaundice #2

Ingredients:

MARIGOLD Flowers, granulated 1-2 tea spoon

Boiling water 2 cups

Preparation Method:

Place the flowers in a container and add the boiling water, cover and steep for 15 minutes. Then strain the liquid and take once a day.

Preparation time: 15 minutes.

Dosage: 1 cup a day.

## Herbal Tea Recipes for Jaundice #3

Ingredients:

NEEM Leaves, crushed 35g

Water ½ cup

Honey 12g

Preparation Method:

Boil the neem in the water till the liquid has reduced by half. The vessel should be kept covered while it is on the fire. Then strain the concentrate, sweeten with honey and drink twice a day.

Preparation time: 3-4 minutes.

Dosage: ¼ cup, twice a day.

#### **Herbal Recipes for Jaundice #4**

Ingredients:

PEEPAL Bark, powdered 1-4 g

Water ¼ cup

Preparation Method:

Combine the peepal bark and the water in a pan, cover and heat to a simmer. Continue simmering till the liquid has reduced to half the original volume. Strain and take the extract in the morning.

Preparation time: 2-3 minutes.

Dosage: 1 table spoon a day.

#### **Herbal Teas for Jaundice #5**

Ingredients:

PICRORHIZA Seeds, powdered 1 tea spoon

Boiling water 1 cup

Preparation Method:

Mix the powdered seeds in the boiling water, cover and leave for 10-15 minutes, then strain.

Preparation time: 10-15 minutes.

Dosage: 1/2 cup, twice a day.

#### **Home Made Herbal Tea Recipes for Jaundice #6**

Ingredients:

WORMWOOD Fresh/dried whole plant, ground 1 tea spoon

Boiling water 1 cup

Preparation Method:

In a covered vessel, combine the herb and the water and let the mixture stand for 10-15 minutes, strain and drink after meals.

Preparation time: 10-15 minutes.

Dosage: 1 cup, 3 times a day after meals.

### **Herbal Recipes for Jaundice #7**

Ingredients:

Fennel seeds, crushed 6g

Mint leaves, crushed 6g

Rose flowers, crushed 6g

Water  $\frac{3}{4}$  cup

Preparation Method:

Combine the herbs and boil them in  $\frac{3}{4}$  cup water. Remove from the heat, cover and cool to room temperature, about 15-20 minutes. Drink the strained decoction twice -a day.

Preparation time: 15-20 minutes.

Dosage:  $\frac{3}{4}$  cup, twice a day.

# Herbal Teas for Kidney Stones

## Home Made Herbal Recipes for Kidney Stones #1

Ingredients:

FLAX Seeds, crushed 15g  
Boiling water 2 cups

Preparation Method:

Pour the boiling water over the seeds, cover the container and let the seeds soak in the water for 5 minutes for light tea and 20 minutes for stronger tea. Strain the tea before drinking.

Preparation time: 5-20 minutes.

Dosage: 1-2 cups a day.

## Herbal Recipes for Kidney Stones #2

Ingredients:

JUNIPER Fresh, ripe berries, crushed 1-2 tea spoon  
Boiling water 1 cup

Preparation Method:

Steep the berries in the boiling water for 2 minutes only, then strain.

Preparation time: 15 minutes.

Dosage: 1/4-11z cup a day.

## Herbal Tea Recipes for Kidney Stones #3

Ingredients:

MADDER Root, shredded 1/2-2 tea spoon  
Water 1 cup

Preparation Method:

Soak the shredded madder root in 1 cup water for 8 hours in a covered container. Remove the root from the water by straining, and drink the remaining liquid twice a day.

Preparation time: 8 hours.

Dosage: 1 cup, twice a day.

Side effects: Madder tea may turn the urine red. This is a harmless side effect.

#### **Home Made Herbal Recipes for Kidney Stones #4**

Ingredients:

PARSELY Fruit, crushed 1 tea spoon

Boiling water 1 ¼ cups

Preparation Method:

Combine the crushed fruit with the water, cover and let stand for 15 minutes, then strain.

Preparation time: 15 minutes.

Dosage: 3 table spoon a day.

Caution: Pregnant and nursing women should not take this tea.

#### **Home Made Herbal Recipes for Kidney Stones #5**

Ingredients:

RUPTUREWORT Dried/fresh herb, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Add the herb to the boiling water, cover the pan and let the mixture stand for 30 minutes. Strain the infusion before drinking.

Preparation time: 30 minutes.

Dosage: 1 cup 3 times a day.

#### **Herbal Teas for Kidney Stones #6**

Ingredients:

## Herbal Tea Remedies

VIOLET Leaves, crushed 2 tea spoon  
Water 1 cup

### Preparation Method:

Pour the water over the crushed leaves, cover the container and let the mixture stand for 24 hours. Strain the infusion and discard the leaves.

Preparation time: 24 hours.

Dosage: 1 cup, twice a day.

## Home Made Herbal Recipes for Kidney Stones #7

### Ingredients:

Horsegram 6g  
Radish, grated 1 ½ table spoon  
Water ½ cup

### Preparation Method:

Boil the horsegram in ½ cup water for 2-3 minutes, remove from the heat and strain. Then squeeze the water from the grated radish and add the extract to the tea.

Preparation time: 15 minutes.

Dosage: ½ cup in the morning.



# Herbal Recipes for Lactation Disorders

## Herbal Recipes for Lactation Disorders #1

Ingredients:

ANISEED Seeds, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Soak the seeds in 1 cup boiling water for 3-5 minutes, then strain. Allow the tea to cool completely before drinking.

Preparation time: 3-5 minutes.

Dosage

1 cup, twice a day, 1 tea spoon at a time.

## Home Made Herbal Recipes for Lactation Disorders #2

Ingredients:

BLACK CUMIN Seeds, crushed 1.5-3 g

Water ¼ cup

Preparation Method:

Grind the seeds in 1/4 cup water in a mortar, then strain the mixture and sweeten the liquid extract with honey.

Preparation time: 5 minutes.

Dosage: 1/4 cup a day.

## Herbal Recipes for Lactation Disorders #3

Ingredients:

NUT GRASS Tubers, crushed 6 g

Water 4 cups

Preparation Method:

Cook the tubers in 4 cups water for 15 minutes in a covered container. Strain the decoction and drink.

Preparation time: 15 minutes.  
Dosage: 1 cup 4 times a day.

#### **Herbal Teas for Lactation Disorders #4**

Ingredients:

Aniseeds  $\frac{1}{4}$  -  $\frac{1}{2}$  tea spoon  
Caraway seeds  $\frac{1}{2}$  - 1 tea spoon  
Fennel seeds  $\frac{1}{4}$  -  $\frac{1}{2}$  tea spoon  
Water 1 cup

Preparation Method:

Combine the 3 herbs to make up 1-2 teaspoons of mixture, then lightly crush in a mortar. Add 1 cup water to the herb mixture and heat till the water begins to simmer. Remove from the heat and let the tea brew, covered, for a further 10 minutes. Strain before drinking.

Preparation time: 10 minutes.  
Dosage: 1 cup a day.

#### **Herbal Tea Recipes for Lactation Disorders #5**

Ingredients:

Aniseeds, lightly crushed  $\frac{3}{4}$  tea spoon  
Fenugreek seeds, lightly crushed 1  $\frac{1}{4}$  tea spoon  
Water 1 cup

Preparation Method:

Bring the herb and water mixture to a simmer, then remove from the heat and set aside, covered, for 10 minutes. Strain and serve.

Preparation time: 10 minutes.

Dosage: 1 cup, 3 times a day

# Herbal Teas for Laryngitis

## Herbal Teas for Laryngitis #1

Ingredients:

CARAWAY Root, shredded 1 – 2 tea spoon

Water 1 cup

Preparation Method:

Bring the shredded caraway root and the water to a simmer in a covered container, then let it stand for 15-20 minutes away from the heat. Strain, and the tea is ready to drink.

Preparation time: 15-20 minutes.

Dosage: 1 cup, twice a day.

## Herbal Tea Recipes for Laryngitis #2

Ingredients:

HEDGE MUSTARD Whole plant, chopped, 2 tea spoon

Boiling water ½ cup

Preparation Method:

Combine the herb and water, cover the container and allow the mixture to stand for 20 minutes before straining.

Preparation time: 20 minutes.

Dosage: ½ cup, twice a day.

## Herbal Recipes for Laryngitis #3

Ingredients:

LINSEED Seeds, crushed 12 g

Water 1 cup

Preparation Method:

Mix the crushed seeds with water and boil this mixture till the liquid is reduced to half of the original volume. Strain the tea and add a little honey to it.

Preparation time: 7-8 minutes.

Dosage: 1 cup, twice a day.

#### **Home Made Herbal Tea Recipes for Laryngitis #4**

Ingredients:

WILD GINGER Root, shredded 1 tea spoon

Water 1 cup

Preparation Method:

Put the ingredients in a covered container and gently bring to a simmer. Remove from the heat and let the mixture stand for 15 minutes. Strain and drink at room temperature.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

# Herbal Teas for Leucorrhoea

## Home Made Herbal Recipes for Leucorrhoea #1

Ingredients:

FENUGREEK Seeds, crushed 2 tea spoon

Water 4 cups

Preparation Method:

Mix the fenugreek seeds in the water and heat the mixture to a simmer over a low flame. Let the tea simmer for 30 minutes, then cool to room temperature and strain.

Preparation time: 30 minutes.

Dosage: 1 cup, 4 times a day.

## Herbal Teas for Leucorrhoea #2

Ingredients:

HAZARDANA Herb, powdered 1 tea spoon

Water 1 cup

Preparation Method:

Stir the herb powder in 1 cup water, cover and leave overnight, then strain.

Preparation time: 8-10 hours.

Dosage: 1 cup a day.

# Herbal Tea Recipes for Menstrual Disorders

## Home Made Herbal Tea Recipes for Menstrual Disorders #1

Ingredients:

ASOKA Dried bark, crushed 15 g

Water 1 cup

Preparation Method:

Add the water to the herb and bring the mixture to a boil. Continue boiling till the liquid is concentrated to  $\frac{1}{4}$  cup, then remove from the fire and cool. Strain and sweeten with sugar or honey.

Preparation time: 10 minutes.

Dosage: 1-4 table spoon a day.

Recommendation: If using fresh bark, use only  $\frac{1}{2}$  cup water and reduce it by boiling to 2 table spoon. This tea provides relief from excessive menstruation.

## Herbal Teas for Menstrual Disorders #2

Ingredients:

BLACK CUMIN Seeds, powdered 1 tea spoon

Boiling water 1 cup

Preparation Method:

Put the powdered black cumin in 1 cup boiling water, cover and set aside to cool for 15 minutes. Strain and serve.

Preparation time: 15 minutes.

Dosage:  $\frac{1}{4}$  cup, twice a day.

Recommendation: This tea is helpful in promoting menstruation.

### **Herbal Recipes for Menstrual Disorders #3**

Ingredients:

MARIGOLD Flowers, granulated 1-2 tea spoon  
Boiling water 1 cup

Preparation Method:

In a covered container, steep the granulated flowers in boiling water for 15 minutes. Strain the liquid and discard the flowers.

Preparation time: 15 minutes.

Dosage: 1 cup a day.

### **Herbal Tea Recipes for Menstrual Disorders #4**

Ingredients:

POMEGRANATE Bark, crushed 12 g  
Water 1 cup

Preparation Method:

To prepare pomegranate tea, cook the bark in 1 cup water till only half the water remains. Strain the decoction and take in the morning.

Preparation time: 7-8 minutes.

Dosage: 112 cup in the morning.

Recommendation: This tea controls excessive bleeding during menstruation.

### **Herbal Teas for Menstrual Disorders #5**

Ingredients:

Embelia, whole plant, powdered 6 g  
Ginger, dried, powdered 6 g  
Water 1  $\frac{3}{4}$  cups  
Sugar 6 g

Preparation Method:

Mix the two herbs and boil in 1  $\frac{3}{4}$  cups water for 15 minutes. Remove from the fire, strain and sweeten with the sugar.

Preparation time: 15 minutes.

Dosage:  $\frac{3}{4}$  cup a day.

Recommendation: Relieves painful menstruation.

### **Herbal Tea Recipes for Menstrual Disorders #6**

Ingredients:

Juniper berries, crushed 6 g

Myrrh, crushed 6 g

Water 1  $\frac{1}{2}$  cups

Preparation Method:

Boil the herbs in the water for 15 minutes in a covered container, then strain and drink in the morning.

Preparation time: 15 minutes.

Dosage:  $\frac{1}{2}$  cup in the morning for 10 days.

Recommendation: This tea is excellent for women suffering from painful menstruation.



# Herbal Tea Recipes for Nausea

## Home Made Herbal Recipes for Nausea #1

Ingredients:

BLACK PEPPER crushed seeds

Preparation Method:

Mix the BLACK PEPPER crushed seeds in the water and bring to a simmer. Remove from the heat, cover and let stand for 10 minutes before straining the decoction.

Preparation time: 10 minutes.

Dosage: 10-30 drops a day.

Note: Reduce the dose for children according to age.

## Herbal Recipes for Nausea #2

Ingredients:

PEPPERMINT Leaves, crushed 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

In a covered vessel, allow the peppermint leaves to steep in 1 cup of boiling water for 10 minutes. Strain the mixture and drink it hot.

Preparation time: 10 minutes.

Dosage: 1-2 cups a day.

## Herbal Teas for Nausea #3

Ingredients:

SPEARMINT Leaves, crushed 1 tea spoon

Water 2 cups

Preparation Method:

## Herbal Tea Remedies

Heat the mixture of leaves and water to boiling, remove and stand, covered, for 10-15 minutes. Filter the extract, discarding the leaves.

Preparation time: 10-15 minutes.

Dosage: 1 cup, 3 times a day.

### **Herbal Tea Recipes for Nausea #4**

Ingredients:

Balm leaves, ground 2/3 tea spoon  
Chamomile blossoms, ground 2/3 tea spoon  
Peppermint leaves, ground 2/3 tea spoon  
Boiling water 1 cup

Preparation Method:

Combine the three herbs in a container, pour the boiling water over the herb mixture, cover and let the tea brew for 10 minutes. Strain the tea and sip it slowly while it is still hot.

Preparation time: 10 minutes.

Dosage: 1-2 cups a day.

### **Herbal Recipes for Nausea #5**

Ingredients:

Black horehound plant, ground 1/3 tea spoon  
Java galangal plant, ground 1/3 tea spoon  
Marshmallow plant, ground 1/3 tea spoon  
Boiling water 1 cup

Preparation Method:

Pour the boiling water over the three herbs, cover the pan and let the mixture stand for 15 minutes, then strain.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day.

# Herbal Teas for Nervous Exhaustion

## Home Made Herbal Tea Recipes for Nervous Exhaustion #1

Ingredients:

AMERICAN GINSENG Root, shredded ½ tea spoon  
Water 1 cup

Preparation Method:

Boil the ginseng root in the water for 1 minute, then cover and set aside to cool for 15 minutes. After the standing period, strain and drink.

Preparation time: boiling time 1 minute; standing time 15 minutes.

Dosage: 1-2 cups a day.

## Herbal Recipes for Nervous Exhaustion #2

Ingredients:

ROSEMARY Leaves, crushed 1 tea spoon  
Boiling water 1 cup

Preparation Method:

Immerse the leaves in the boiling water, cover the vessel and let the mixture steep for 15 minutes. Remove the leaves through a strainer and drink the remaining liquid.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

## Herbal Teas for Nervous Exhaustion #3

Ingredients:

Lavender blossoms, crushed ½ tea spoon  
Rosemary leaves, crushed ½ tea spoon  
Boiling water 1 cup

## Herbal Tea Remedies

### Preparation Method:

To make the tea, place the herbs in a pan and pour the boiling water over them. Cover the pan and let the tea brew for 10 minutes. Strain and discard the solid matter.

Preparation time: 15 minutes.

Dosage: 1 cup a day.

# Herbal Tea Recipes for Neuralgia

## Herbal Recipes for Neuralgia #1

Ingredients:

HOPS Herb 10 g

Boiling water 2 cups

Preparation Method:

Steep the hops in the boiling water for 15 minutes in a covered container and strain.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

## Home Made Herbal Recipes for Neuralgia #2

Ingredients:

VALERIAN Rhizomes/root, powdered 1 tea spoon

Boiling water 1 cup

Preparation Method:

Prepare the infusion by steeping the herb in the water for 10 minutes with the lid of the pan closed. Then strain and discard the herb.

Preparation time: 10 minutes.

Dosage: 1/4 cup, 4 times a day.

Caution: Pregnant and nursing women should not take this tea.

## Herbal Teas for Neuralgia #3

Ingredients:

WILLOW Bark, shredded 1 tea spoon

Water 2 cups

Preparation Method:

## Herbal Tea Remedies

To prepare the decoction, boil the bark in 2 cups water in a covered vessel for 15 minutes. Then remove it from the fire and strain.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

# Herbal Tea Recipes for Dropsy

## Herbal Recipes for Dropsy #1

Ingredients:

ELECAMPANE Root, finely chopped 1-2 tea spoon

Water 2 cups

Preparation Method:

Boil the finely chopped root in a covered container for 2-3 minutes, then let the mixture stand, away from the heat, for 15 minutes. Strain and drink.

Preparation time: boiling time 2-3 minutes; standing time 15minutes.

Dosage: 1 cup, twice a day.

## Home Made Herbal Tea Recipes for Dropsy #2

Ingredients:

GERMANDER Flowering plant, chopped 2 tea spoon

Boiling water 2 cups

Preparation Method:

In a container with a lid combine the herb and water, close the lid and let the mixture steep for 15 minutes, then strain.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

## Herbal Recipes for Dropsy #3

Ingredients:

GOKULAKANTA Root, lightly pounded 30 g

Water 2 ½ cups

Preparation Method:

Boil the herb in 2 ½ cups water until the volume is reduced to 1 ½ cups, approximately 15- 20 minutes. The lid of the vessel

should be kept closed throughout the cooking time. After cooking, cool the tea, strain and drink.

Preparation time: 15-20 minutes.

Dosage: 2-4 table spoon, every 2 hours.

#### **Herbal Teas for Dropsy #4**

Ingredients:

Dried bean pods without the seed, chopped 1 tea spoon

Water 1 cup

Preparation Method:

Put the chopped pods into the water and boil for 2- 3 minutes.

Remove from the fire, cover and let stand for 15 minutes. Strain and drink the extract.

Preparation time: boiling time 2-3 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day.

#### **Herbal Tea Recipes for Dropsy #5**

Ingredients:

PARSLEY Whole plant, including seeds and root, ground 1 tea spoon

Water 1 cup

Preparation Method:

Simmer the parsley in the water for 2-3 minutes, remove from the fire and cool, covered, for 15 minutes. Strain and drink.

Preparation time: boiling time 2-3 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day.

Caution: This tea is not recommended for pregnant and nursing women.



# Herbal Teas for Aches & Pains of Old Age

## Home Made Herbal Recipes for Aches & Pains of Old Age #1

Ingredients:

AMERICAN GINSENG Root, shredded ½ tea spoon

Water 1 cup

Preparation Method:

Boil the ginseng root in the water for 1 minute, then cover and set aside to cool for 15 minutes. After the standing period, strain and drink.

Preparation time: boiling time 1 minute; standing time 15 minutes.

Dosage: 1 cup, 2-3 times a day.

## Herbal Teas for Aches & Pains of Old Age #2

Ingredients:

ROSEMARY Dried/fresh blossoms, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Pour the boiling water over the blossoms, cover the vessel and steep for 5-10 minutes. Strain and drink the liquid.

Preparation time: 5-10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Tea Recipes for Aches & Pains of Old Age #3

Ingredients:

ST JOHN'S WORT Dried/fresh blossoms, chopped 2 tea spoon

Water 1 cup

Preparation Method:

## Herbal Tea Remedies

Heat the water and the blossoms to a simmer, then remove from the fire. Cover the vessel and cool the mixture for 15 minutes before straining.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day, morning and evening for several weeks.

# Herbal Tea Recipes for Peptic Ulcer

## Herbal Recipes for Peptic Ulcer #1

Ingredients:

BAEL Leaves, crushed 1 handful

Water 2 cups

Preparation Method:

Soak the bael leaves overnight in the water, strain and drink the liquid.

Preparation time: 12 hours.

Dosage: 1 cup, twice a day.

## Herbal Teas for Peptic Ulcer #2

Ingredients:

FLAX Seeds, crushed 1 tea spoon

Water 1 cup

Preparation Method:

Stir the crushed flax seeds in the water, cover and leave for 8 hours. Strain and drink lukewarm.

Preparation time: 8 hours.

Dosage: 1 cup before breakfast and 1 cup 30 minutes before the main meal.

## Home Made Herbal Tea Recipes for Peptic Ulcer #3

Ingredients:

GERMAN CHAMOMILE Fresh/dried blossoms, crushed 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

In a covered vessel, soak the German chamomile blossoms in 1 cup boiling water for 10-15 minutes. Strain the infusion and drink as recommended.

Preparation time: 10-15 minutes.

Dosage: 1 cup, in small sips, 3 times a day between meals for several weeks.

#### **Herbal Recipes for Peptic Ulcer #4**

Ingredients:

LIQUORICE Sticks, shredded 1 tea spoon

Boiling water  $\frac{3}{4}$  cup

Preparation Method:

Put the shredded sticks into the boiling water and bring the mixture to a simmer. Heat for 5 minutes and remove. Strain and drink the extract.

Preparation time: 5 minutes.

Dosage:  $\frac{1}{2}$  cup, 3 times a day after meals for one month.

Caution: Do not continue this treatment for more than 4-6 weeks. Side effects such as swelling in the face and joints, and headaches will disappear when the treatment ends. During this treatment a salt-free diet is recommended. The elderly and those suffering from cardiovascular diseases and kidney and liver problems should not take liquorice in any form.

#### **Herbal Teas for Peptic Ulcer #5**

Ingredients:

POMEGRANATE Leaves and flowers, 6 g

Water  $\frac{1}{4}$  cup

Preparation Method:

Grind the pomegranate leaves and flowers in  $\frac{1}{4}$  cup water, strain and drink the liquid.

Preparation time: 5 minutes.

Dosage: ¼ cup in the morning.

## **Herbal Tea Recipes for Phlebitis & Varicose Veins**

### **Herbal Recipes for Phlebitis & Varicose Veins #1**

Ingredients:

RUE Herb, chopped 2 tea spoon

Boiling water 1 cup

Preparation Method:

Steep the chopped herb in the boiling water for 15 minutes, making sure the vessel is kept covered. Strain the tea and drink as recommended.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day.

### **Herbal Recipes for Phlebitis & Varicose Veins #2**

Ingredients:

YELLOW SWEET CLOVER Herb, chopped 2 tea spoon

Boiling water 1 cup

Preparation Method:

In a container with a lid, cover the herb with the boiling water, close the lid and let the tea brew for 10 minutes before straining.

Preparation time: 10 minutes.

Dosage: 1 cup, 3-4 times a day.

# Herbal Tea Recipes for Piles

## Herbal Recipes for Piles #1

Ingredients:

MULLEIN Leaves, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

Sprinkle the leaves in the boiling water, cover the vessel and steep for 20 minutes. Then remove the leaves by straining the mixture, and drink the extract.

Preparation time: 20 minutes.

Dosage: 1- 2 cups a day, 1 table spoon at a time.

## Home Made Herbal Recipes for Piles #2

Ingredients:

SMARTWEED Dried/fresh herb, crushed 2-3 tea spoon

Water 1 cup

Preparation Method:

Combine the herb and water and heat the mixture to a simmer. Remove the pan from the fire, cover and let it stand for 15 minutes. Strain and drink.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day, morning and evening.

## Herbal Tea Recipes for Piles #3

Ingredients:

WITCH HAZEL Leaves/bark, crushed 1 tea spoon

Boiling water 1 cup

Preparation Method:

To prepare the tea, boil the herb in 1 cup water for 2- 3 minutes. Remove from the heat, cover the pan and let the mixture stand for 10 minutes. Strain and drink.

Preparation time: boiling time 2-3 minutes; standing time 10 minutes.

Dosage: 1 cup, twice a day, morning and evening.

#### **Herbal Teas for Piles #4**

Ingredients:

YARROW Herb/blossoms, crushed 1-2 tea spoon

Water 1 cup

Preparation Method:

Prepare the infusion by combining the herb with the water in a covered container. Let the mixture stand for 5-6 hours. Strain the infusion before drinking.

Preparation time: 5-6 hours.

Dosage: 1 cup, twice a day.

#### **Herbal Tea Recipes for Piles #5**

Ingredients:

Hops, flowering plant, crushed ½ tea spoon

Valerian root, crushed, ½ tea spoon

Water 1 cup

Preparation Method:

Place the herbs in the water, cover the pan and allow the mixture to stand for 8 hours, shaking the pan occasionally. Strain and serve.

Preparation time: 8 hours.

Dosage: 1 cup, twice a day.

Note: This tea is not recommended for pregnant and nursing women.

## Herbal Tea Recipes for Enlarged Prostate Gland

Ingredients:

STINGING NETTLE Root, powdered 1 tea spoon

Water 1 ¼ cups

Preparation Method:

Boil the powdered root in 1 ¼ cups water for 15 minutes, then cover the pan and set the mixture aside for another 15 minutes.

Preparation time: boiling time 15 minutes; standing time 15 minutes.

Dosage: 2- 3 tea spoon a day.



# Herbal Tea Recipes for Rheumatism

## Herbal Recipes for Rheumatism #1

Ingredients:

ASH Leaves, chopped 2-3 tea spoon

Water 2 cups

Preparation Method:

Boil the herb and water mixture for 10 minutes, remove from the heat, cover and let stand for 10 minutes. Strain the decoction before drinking.

Preparation time: boiling time 10 minutes; standing time 10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Tea Recipes for Rheumatism #2

Ingredients:

BITTERSWEET Twigs, chopped 30 g

Water 3 cups

Preparation Method:

Cook the twigs in 3 cups water till the volume is reduced to 1 ½ cups, then strain.

Preparation time: 20 minutes.

Dosage: 1 ½ cup, 3 times a day.

## Home Made Herbal Tea Recipes for Rheumatism #3

Ingredients:

COUCH GRASS Rhizomes, chopped 1-2 tea spoon

Water 4 cups

Preparation Method:

Combine the rhizomes with the water and bring to a boil. Cover and continue boiling the mixture for 10 minutes, then set it aside for 30 minutes, away from the heat. Then strain and drink.

Preparation time: boiling time 10 minutes; standing time 30 minutes. .

Dosage: 1 cup, 4 times a day.

#### **Herbal Recipes for Rheumatism #4**

Ingredients:

DANDELION Leaves, shredded 1-2 tea spoon

Water 1 cup

Preparation Method:

Boil the herb and water mixture for 1 minute, then remove the source of heat, cover the pan and let the tea brew for 15 minutes, and strain.

Preparation time: boiling time 1 minute; standing time 15 minutes.

Dosage: 1 cup, morning and evening for 4-8 weeks, during the spring and winter months.

#### **Herbal Teas for Rheumatism #5**

Ingredients:

PARSLEY Plant with stem, chopped 1 handful

Water 3 cups

Preparation Method:

Add the parsley to the water and bring to a boil. Reduce the heat, cover the pan and simmer for 30 minutes. Strain the decoction and drink twice a day.

Preparation time: 30 minutes.

Dosage

1 cup, twice a day. Caution: Parsley tea is not recommended for pregnant and nursing women.

### **Herbal Tea Recipes for Rheumatism #6**

Ingredients:

STINGING NETTLE Dried leaves, crushed 1-2 tea spoon

Water 1 cup

Preparation Method:

Combine the leaves with the water and bring the mixture to a boil. Boil for 2 minutes, then remove from the fire, cover and set aside to cool for 15 minutes. Strain the decoction, and the tea is ready.

Preparation time: boiling time 2 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day for 4-6 weeks, 2-3 times a year.

### **Herbal Recipes for Rheumatism #7**

Ingredients:

WILLOW Dried bark, crushed 2-3 tea spoon

Water 4 cups

Preparation Method:

Boil the bark for 5 minutes, then cover and let stand away from the heat for 15 minutes. When the tea has cooled, strain and drink.

Preparation time: boiling time 2 minutes; standing time 15 minutes.

Dosage: 1 cup, twice a day.

# Herbal Teas for Skin Disorders

## Herbal Teas for Skin Disorders #1

Ingredients:

ENGLISH WALNUT meat and dried leaves crushed, 2 tea spoon  
Water 1 cup

Preparation Method:

Soak the walnut meat and leaves in the water for 5-10 minutes.  
Strain and drink as recommended.

Preparation time: 5-10 minutes.

Dosage: 1 cup, twice a day for several weeks.

Note: English walnut tea is recommended for the treatment of eczema or dermatitis.

## Herbal Recipes for Skin Disorders #2

Ingredients:

NEEM Leaves, crushed 2 table spoon  
Water 2 cups

Preparation Method:

Add the neem leaves to the water and bring to a boil in a covered container. Boil for 15 minutes, then strain. Add sugar or honey if desired.

Preparation time: 15 minutes.

Dosage:  $\frac{1}{4}$  -  $\frac{1}{2}$  cup, 4 times a day.

Note: Excellent for skin diseases in general and boils in particular.

## Herbal Tea Recipes for Skin Disorders #3

Ingredients:

PURPLE TEPROSIA Tender leaves, crushed 1 table spoon  
Water 1 cup

Preparation Method:

Boil the leaves in the water for 10 minutes, keeping the container covered. Strain the decoction and discard the leaves.

Preparation time: 10 minutes.

Dosage: ½ cup in the morning.

Note: Purple teprosia tea can be taken to cure dry eczema.

#### **Home Made Herbal Recipes for Skin Disorders #4**

Ingredients:

SAFFLOWER, chopped 1 table spoon

Boiling water 2 cups

Preparation Method:

Cover the flowers with the boiling water, close the lid of the pan and let the mixture stand for 15 minutes. Remove the flowers and drink the strained liquid.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

Recommendation: Advised for children suffering from skin diseases in general and measles in particular.

#### **Herbal Recipes for Skin Disorders #5**

Ingredients:

Black cumin seeds, crushed ½ tea spoon

Juniper berries, crushed ½ tea spoon

Water ¾ cup

Preparation Method:

Combine the ingredients and boil till the liquid is reduced to 1/3 cup. Strain and drink in the morning.

Preparation time: 4-5 minutes.

Dosage: 1/3 cup, in the morning.

Recommendation: This tea is an effective cure for urticaria.

### **Home Made Herbal Recipes for Skin Disorders #6**

Ingredients:

Coriander seeds, pulverised 11 g  
Cumin seeds, pulverised 11 g  
Pomegranate root, pulverised 11 g  
Rose root, pulverised 11 g  
Water 1 cup

Preparation Method:

Soak the herbs overnight in the water. Strain and drink in the morning after sweetening it with a little sugar.

Preparation time: 8-10 hours.

Dosage: 1 cup in the morning.

# Herbal Tea Recipes for Mental Tension

## Herbal Tea Recipes for Mental Tension #1

Ingredients:

BALM Dried leaves, crushed 2-3 tea spoon

Boiling water 1 cup

Preparation Method:

In a vessel with a cover, combine the crushed leaves and boiling water, close the lid and allow the mixture to cool for 10 minutes. Then strain and drink morning and evening.

Preparation time: 10 minutes.

Dosage: 1 cup, twice a day.

## Herbal Recipes for Mental Tension #2

Ingredients:

BITTER ORANGE Blossoms, leaves or peel, shredded 1-2 tea spoon

Boiling water 1 cup

Preparation Method:

Put the herb into the boiling water, cover and set aside for 10-15 minutes. When the tea has cooled, strain and discard the herb reserving the liquid.

Preparation time: 10-15 minutes.

Dosage: 1 cup, twice a day, morning and evening.

## Herbal Teas for Mental Tension #3

Ingredients:

CHAMOMILE Flowers, crushed 15 g

Boiling water 2 cups

Preparation Method:

## Herbal Tea Remedies

For light tea, steep the flowers in boiling water for 5 minutes. For stronger tea, soak the flowers in a covered vessel for 20 minutes. When the tea is ready, strain and drink.

Preparation time: 5-20 minutes.

Dosage: 1-2 cups a day.

Caution: Chamomile tea is not recommended for children under two years of age.



# Herbal Tea Recipes for Blood in the Urine

## Herbal Teas for Blood in the Urine #1

Ingredients:

BARLEY Seeds, crushed 25g

Water 4 cups

Preparation Method:

Mix the crushed barley seeds in the water, cover the pan and boil for 20 minutes. Strain and take as recommended.

Preparation time: 20 minutes,

Dosage: 1 cup, 3 times a day.

## Herbal Recipes for Blood in the Urine #2

Ingredients:

VASAKA Leaves 12 g

Water 1 cup

Preparation Method:

Grind the vasaka leaves in the water and strain the liquid before drinking it.

Preparation time: 5 minutes.

Dosage: 1 cup, twice a day.

# Herbal Teas for Painful Urination (Dysuria)

## Herbal Recipes for Painful Urination (Dysuria) #1

Ingredients:

FLAX Seeds, crushed 15 g

Water 2 cups

Preparation Method:

Soak the seeds in the water for 5-20 minutes in a covered pan. Strain and drink hot or warm.

Preparation time: 5 minutes for light tea; 20 minutes for strong tea.

Dosage: 1-2 cups a day.

## Herbal Teas for Painful Urination (Dysuria) #2

Ingredients:

GOLDENROD Whole plant, ground 1-2 tea spoon

Water 4 cups

Preparation Method:

Boil the herb in a covered pan for 2 minutes. Remove from the fire and cool for 10-15 minutes. Strain and drink.

Preparation time: boiling time 2 minutes; standing time 10-15 minutes.

Dosage: 1 cup, 2-4 times a day.

## Herbal Tea Recipes for Painful Urination (Dysuria) #3

Ingredients:

ONION Bulbs, crushed 6 g

Water 2 cups

Preparation Method:

Combine the bulbs with the water and bring the mixture to a boil. Continue boiling till the quantity of water is reduced to 1 cup. Cool the decoction and strain.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

#### **Herbal Recipes for Painful Urination (Dysuria) #4**

Ingredients:

PURSLANE Leaves, crushed 1 tea spoon

Boiling water ½ cup

Preparation Method:

Make an infusion by steeping the purslane leaves in the water in a covered pan for 12 hours. Strain the infusion, discard the leaves and drink 1 ½ teaspoons of the remaining extract twice a day.

Preparation time: 12 hours.

Dosage: 1/ ½ tea spoon, twice a day.

#### **Herbal Recipes for Painful Urination (Dysuria) #5**

Ingredients:

SENNA Leaves, finely chopped/ powdered 10-30 g

Water 4 cups

Preparation Method:

Pour the water over the herb and allow the mixture to stand for 5-6 hours. Strain and serve.

Preparation time: 5-6 hours.

Dosage: 1 cup, 4 times a day.

# Herbal Tea Recipes for Vomiting

## Herbal Teas for Vomiting #1

Ingredients:

Chamomile flowers, ground ½ tea spoon  
European centaury plant, ground ½ tea spoon  
Fennel seeds, crushed ½ tea spoon  
Lemon balm plant, ground ½ tea spoon  
Peppermint plant, ground ½ tea spoon  
Hot water 1 cup

Preparation Method:

Combine the herbs and pour the water over them. Cover and stand for 15 minutes and strain.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

Caution: Not recommended for children under the age of two.

## Herbal Recipes for Vomiting #2

Ingredients:

Chamomile flowers, ground ½ tea spoon  
European centaury plant, ground ½ tea spoon  
Peppermint plant, ground ½ tea spoon  
Spearmint plant, ground ½ tea spoon  
Wormwood plant, ground 1 tea spoon  
Boiling water 1 cup

Preparation Method:

Combine all the herbs and add 1 cup boiling water. Cover the pan and leave for 15 minutes. Strain the infusion and discard the herbs.

Preparation time: 15 minutes.

Dosage: 1 cup, 3 times a day.

### **Home Made Herbal Recipes for Vomiting #3**

Ingredients:

Black horehound plant, ground 1/3 tea spoon

Chamomile flowers, ground 1/3 tea spoon

Meadowsweet plant, ground 1/3 tea spoon

Boiling water 1 cup

Preparation Method:

Combine the herbs in 1 cup boiling water and let the mixture steep for 15 minutes. Strain the mixture, and the tea is ready to drink.

Preparation time: 15 minutes.

Dosage: 1 cup, twice a day.

Recommendation: This tea controls vomiting during pregnancy.

# Herbal Teas for Wounds

## Herbal Recipes for Wounds #1

Ingredients:

LEMON fruit, halved 1 number

Water 2 cups

Preparation Method:

Cover the halved fruit with 2 cups water and bring to a boil. Continue boiling for 15 minutes, then remove from the fire and allow the tea to stand for a further 10 minutes. Strain and drink as recommended.

Preparation time: boiling time 15 minutes; standing time 10 minutes.

Dosage: 1 cup a day.

## Home Made Herbal Recipes for Wounds #2

Ingredients:

Turmeric, powdered 3 g

Alum, powdered ½ g

Cow's milk ½ cup

Preparation Method:

Combine the turmeric and alum with the milk and heat the mixture to about 70°C and drink as recommended.

Preparation time: 5 minutes.

Dosage: ½ cup a day for several days.

## Home Made Herbal Recipes for Wounds #3

Ingredients:

STINGING NETTLE Dried leaves, crushed 2 tea spoon

Water 1 cup

Preparation Method:

## Herbal Tea Remedies

Boil the mixture of nettle leaves and water for 5 minutes.  
Remove from the heat, cover the pan and allow the mixture to stand for 1 hour. Strain and drink.

Preparation time: boiling time 5 minutes; standing time 1 hour.

Dosage: 1/3 cup, 3 times a day.