



Ayurvedic Home Remedies

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Ayurvedic treatment of common diseases using the herbs and spices available in the vicinity of the house comes under the category of Home Remedies. Juices, pastes, powders, decoction etc. are used to cure general ailments. Some general pranayams, exercises and massages are also categorized as a home remedy.

Cracked skin, common cold, and acne are some of the common diseases which can be effectively treated using house hold herbs, and spices. Honey, clove, garlic, black pepper, coriander, cumin, rock salt, turmeric, ginger, onion, basil mint, cinnamon, etc are some of the common house hold substances used as a medicine.

Home remedies try and follow a very simple fundamental of attempting to improve the immunity of the human body. This is done by very simple procedures such as massages, yoga, and aromatherapy. These along with a blend of the herbs and spices, available in the house, hold help improving the immunity system and cure diseases.

The fact that the ingredients are easily available, and even do not have any kind of side effects makes them the first preference for treating any disease. These medicines are easy to prepare, and inexpensive. And also the pleasure of curing an ailment on your own adds on to the interest

For registration and further details:

Date & Time
26th May 2018
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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