

A Fourth Wakeup Call for Innovative Research-Profound Benefits of Applying Thoughts on Home Remedies

S. S. Nair*

Retd. Director (Evaluation), Ministry of Health & Family Welfare, Government of India

*Corresponding Author: S. S. Nair, Retd. Director (Evaluation), Ministry of Health & Family Welfare, Government of India.

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I have made three wake up calls for innovative research in articles published in journals [1,2,3]. These explained in detail about some lacunae in research which have to be overcome to achieve vast improvements in health all over the world. For example, these pointed out some very obvious omissions because of scientists being carried away by their achievements by use of technology which made them neglect applying thoughts with an open and inquisitive mind as scientists should invariably do. These also questioned why extreme priority was given to vaccination without trying to explore other preventive methods (particularly cheaper or simpler ones) which could have benefitted immensely. One article explained that a judicious use of different systems of medicine for pooling benefits can lead to an ideal and praiseworthy holistic health care system.

Brushing teeth every morning is very common. But, despite this and advances in dentistry, dental problems are common. Dental research has not investigated whether most (or at least some problems) can be solved by brushing teeth after food to remove attached materials, instead of before - an obvious question which was not asked by scientists. Eye defects are very common even in early life. Scientists have not even thought of any measures which can prevent or at least delay these defects. Similarly, scientists do not know why hearing problems come up with aging and whether these can be prevented or slowed down. They have not even thought of trying some changes in diet and exercises to overcome health problems. Scientists who want to have a wider vision and do not want to miss opportunities for apply thoughts to carry out innovative research can benefit a lot by studying these articles in depth with an open and inquisitive mind.

An article [4] titled "A Simple and Unique Habit which can Prevent Many Diseases Throughout Life" gives details of a nose blowing habit (*a home remedy*) and explains how any germ which enters the body through nose will be thrown out of the body by nose blowing and cannot do any harm.

A habit of blowing each nose three times thrice a day prevents many diseases (at least 15) including covid-19 and tuberculosis (two dreaded diseases which could not be eradicated till now). These are profound and praiseworthy achievements. This home remedy needs only less than 10 seconds each time. It can also save money and time required for visiting doctors, hospitals and medicine shops.

Enlightened Buddha (not a scientist) applied his thoughts and said: "Every human being is the author of his own health and disease." This implies that people should take charge of their health. Health Research Workers ought to study the reasons and implications of Buddha's exhortation and provide guidance to people to take charge of their health.

Positive Vision Enterprises applied thoughts and published a book [5] of home remedies which gives a Composite Preventive Plan for Physical, Mental and Spiritual Health. This book explains that besides improvements in physical, mental and spiritual health it can also lead to humanitarian development, universal brotherhood and a peaceful and happy world to live in - all profound and praiseworthy achievements. Health Research Workers ought to study these and give scientific explanations and guidance on this plan to ensure

that people regularly practice this plan and get immense benefits. This book also describes two home remedies for controlling diabetes (a very common disease), without taking medicines. It is noteworthy that all these home remedies with profound and praiseworthy benefits were developed by applying thought only and did not use any technology.

Another glaring example is that scientists did not apply thoughts to objectively study and find out solutions for minor health problems though these are very common and results in wide spread sufferings. On the other hand, some intelligent grandmothers had applied their thoughts to make observations and find out solutions for these. They did not use technology or search Internet to find out cures when their family was sick. But they had a lot of home-grown knowledge which helped them to apply thought. They succeeded in finding out many home remedies which were accepted and practiced by many inquisitive common people for years. Many of these have since been studied and proved useful in offering relief for common health problems.

The success of these grandmothers confirms that applying thought is more important than technology or use of internet and it is absolutely necessary to apply thought even after development of technology and internet which are highly beneficial.

Annexure given below a list of health problems and the home remedies suggested by grandmothers. Health Research Workers ought to study each of these objectively among sufficient number of sick people and confirm which of these home remedies are beneficial and recommend these to public health authorities for asking sick people to use these confirmed home remedies instead of seeking help of practicing doctors and hospitals. Then they do not have to waste time and money to get cure. This will also help to reduce overcrowding in these health facilities.

All these confirm that scientists are overwhelmed and distracted by technology and do not have the habit of applying thoughts about common health problems, *particularly their prevention, which can give immense benefits*. All these also confirm that my wake-up calls are important and should receive proper attention.

We can make progress only if scientists apply thoughts and ask lot of relevant questions, discuss these freely and objectively and apply thoughts to carry out scientific studies to find proper answers. This fourth wakeup call can result in profound developments in

applying thought by Health Research Workers leading to profound and praiseworthy improvements in the health situation of the country.

Annexure

A list of health problems and the home remedies suggested by grandmothers

Cough: Remove skin from a piece of ginger and extract juice using a mixer grinder and add honey. Leave this extract undisturbed for about ten to fifteen minutes. Then drain out juice to make a white paste like deposit at the bottom and apply.

Burns: Apply honey on a gauze bandage. Place the bandage directly on the burn, honey-side down. Change the dressing three to four times a day, or rub an ice cube over the burn site or use Burow's compresses for 10 to 15 minutes or take a piece of Aloe vera leaf and gently dab. Bottled gel can be used if you don't have the plant.

Colds: Drink chicken soup. Heat might help to ease congestion by increasing mucus flow.

Sore Throat: Gargle with $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt dissolved in an 8-ounce glass of warm water or spit on a burning wood and inhale the vapor.

Stuffy Noses: Try a saline rinse or a neti pot, twice a day

Sunburns: repeatedly apply a cold milk compress for 10 to 15 minutes for two to three hours.

Poison Ivy: To soothe the itchy rash, repeatedly apply a cloth soaked in Burow's solution (an old time astringent still found at most drugstores) for 10 to 15 minutes for two to three times.

Nausea: Cut four to five slices of fresh ginger about the thickness of a dime, pour boiling water over these and let steep in a cup for about one to three minutes and apply. Or add a little of brown sugar and sip.

Urinary Tract Infection: Unsweetened cranberry juice decreases the risk of getting a urinary tract infection (UTI), though it's not effective as a treatment for an existing UTI.

Fevers: Take a lukewarm bath or hold cool compress on forehead or under armpits. Or boil water and drink one or two glasses of hot water.

Within five to ten minutes, you will find relief.

Eczema and Dry Skin: Make a poultice of $\frac{1}{4}$ cup ground oatmeal and milk and apply to rough spots such as elbows and knees and leave for a few minutes. Or soak in a lukewarm bath of colloidal (pulverized) oats, which can be found at most drugstores.

Stomach Upset: Take a tablespoon of fenugreek seeds and swallow it with drinking water two or three times in a day, or take curd rice or rice kanchi.

Acidity and Gas Problem: Squeeze out juice from half a lemon, add salt and dip in a glass of water. Add one teaspoon of baking soda, stir and drink the bubbling water.

Ear Infection: Keep a garlic clove in your ear.

Kidney Stone: Collect edible stem of a banana tree. Cut the stem into small pieces, extract the juice using mixer grinder and drink this juice. It is claimed as a sure remedy for kidney stones.

Bee Stings: Cut an onion into half and, rub it over the sting.

Puffy Eyes: Pluck a fresh crape jasmine flower and keep it on your eyes. Take care that the milky juice does not get in to your eyes.

Lice Problem: Collect custard apple seeds, crush them into a powder, add little water and make a paste. Apply this paste on your hair before going to bed. Wash thoroughly in the morning. Three to four applications will get rid of all lice. Take care to wash all equipment used to make the paste. Also take care not to get this paste in your eyes or mouth.

Blocked Nose: Take a grain of black pepper and insert a needle in it. Hold it over flame and inhale the smoke.

Diarrhea: Take roasted cumin seed powder with buttermilk. or take one cup of curd and add equal amount of water. Beat the mixture well in a mixer grinder. Remove the butter from the top. Drink roasted cumin seed powder with buttermilk. Do not overdo grind or the butter will melt from the top.

Indigestion: Take about half a teaspoon of asafetida powder, mix with one glass of water and drink.

Bruises and Cuts: Apply a small amount of turmeric powder over the bruise. The wound will be cured within few days.

Rashes: Apply coconut oil.

Bug Bites: Rub an ice cube over the bite to reduce itchiness and swelling, or use Burow's compresses for 10 to 15 minutes.

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