



HERBAL REMEDIES

جڑی بوٹی تدبیر کرنا
العلاجات العشبية

REMEDIES COLLECTED BY
ZARQA YOUSUF
MOUNIRA LALDJI


STEEL CITY
COMMUNITY
CONSULTANCY LTD

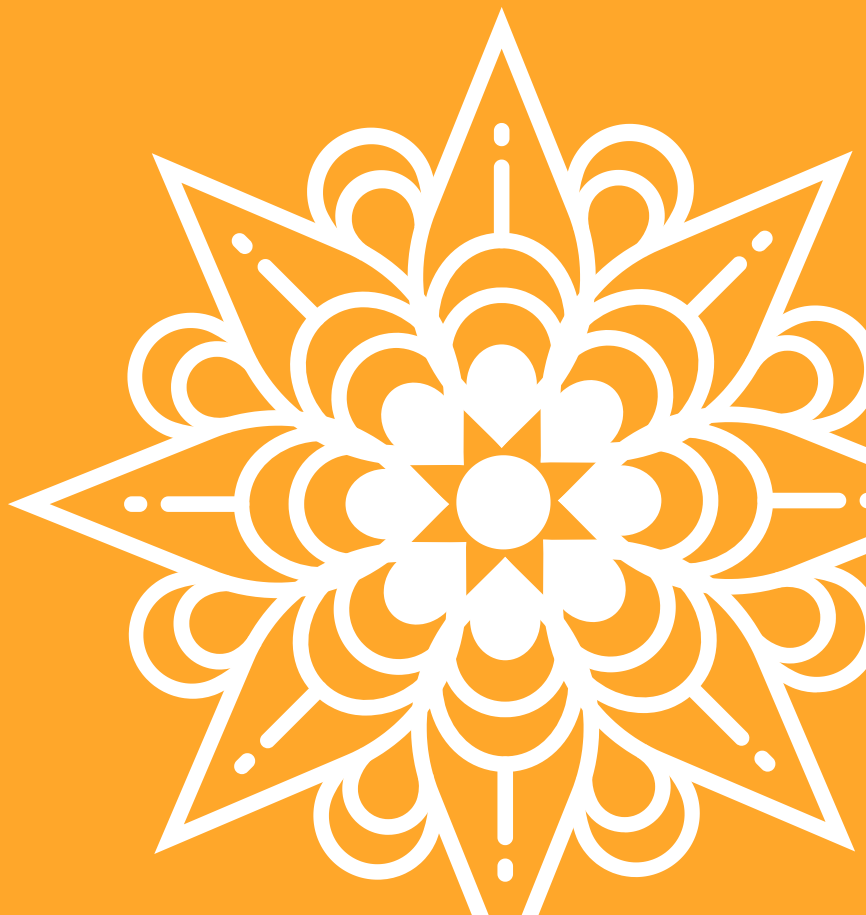




Table of **CONTENTS**

Introduction	1-2
Skin Complaints	3-4
Indigestion	5-6
Coughs & Colds	7-8
Migraines & Headaches	9-10
Insomnia	11-12
Arthritis & Pain	13-14
Glossary	15-16

INTRODUCTION

According to the World Health Organisation, traditional medicine comprises practices and knowledge from various historical and cultural contexts, which predate biomedicine and mainstream medical practices. Traditional medicine emphasizes nature-based remedies and holistic, personalized approaches to restore the balance of mind, body, and environment. With half the world's population lacking access to essential health services, traditional medicine is often the closest or only care available for many people.

Around 80% of the world's population is estimated to use traditional medicine, with 170 of the 194 WHO Member States reporting on its use. Traditional medicine is sometimes seen as pre-modern, and up to four billion people in the developing world rely on herbal medicinal products as a primary source of healthcare. In Africa, Asia, Latin America, and the Middle East, 70-95% of the population still use traditional medicine (TM) for primary healthcare. Some 100 million people are believed to use traditional, complementary, or alternative medicine. Herbal medicines include herbs, herbal materials, herbal preparations, and finished herbal products that contain plant parts or other plant materials as active ingredients.

The women involved in our English classes showed an interest in sharing herbal remedies that come from the South Asian and African regions. The women attending the ESOL classes, who were born in Pakistan and Sudan, recounted tales of their grandparents and other family members who served as the village herbalist, often having a queue of people outside their family home seeking assistance for different health issues. They have brought with them the knowledge and wisdom that has been handed down to the younger members of their family, thereby preserving the herbal medicine tradition from their homeland. They also experiment and formulate their own remedies.



The following women contributed to the book;
Shamim Akhtar
Afzal Bi
Shanaz Din
Shaheen Shah
Manasik Hammad
Mouna Mohammad
Hawa Hamad

We would like to thank Rotherham West Ward Councillors for supporting this work through their community leadership budget.

Consult Healthcare Professionals: Always inform your doctor or pharmacist about any herbal medicines you are taking. Herbal remedies can interact with prescription medications, leading to reduced effectiveness or increased side effects.

Reference: World Health Organisation (2019). WHO global report on traditional and complementary medicine 2019. World Health Organisation.



Remedies for skin complaints

RECIPES

Ingredients

Nutmeg
Cinnamon
Honey
Gram Flour
Almond Oil
Milk
Aloe Vera Gel
Glycerine Oil
Turmeric Powder
Yoghurt
Coconut Oil
Basil Leaves
Neem Leaf Powder
Mustard Oil

Acne

- 1 3 tablespoons of nutmeg and 3 tablespoons of cinnamon powder mixed with honey and applied to the face every day in the morning for 15 minutes. Rinse face in cold water.

Acne

- 2 1 tablespoon of gram flour, 1 tablespoon of almond oil, mix them, add 2 teaspoons of milk, and make a paste. Apply as a mask for 15 minutes, then wash your face with cold water.

Dry chapped hands

- 3 Mix 1 tablespoon of aloe vera gel with 1 tablespoon of glycerine oil, add 1/2 tablespoon of turmeric powder to a bowl, and add 2 tablespoons of yogurt. Make a paste. Apply the mixture to the hands, leave on for an hour, then wash off in cold water.

Eczema

- 4 To create a paste, mix 2 teaspoons of manuka honey and cinnamon in lukewarm water, add a few drops of coconut oil, clean the affected area, then apply the paste and leave it for 20 minutes to dry and wash off with lukewarm water. Apply daily.

Insect bites

- 5 A handful of basil leaves, sprinkled with turmeric, is applied to the insect bite and left for 5 minutes.

Skin Rash

- 6 Mix neem leaf powder with mustard oil and apply to the skin one hour before taking a bath.





Remedies for indigestion

RECIPES

Ingredients

Fennel Seeds
Carom Seeds
Ajwan Seeds
Black Salt
Cumin Powder
Olive Oil
Cinnamon
Ginger

Indigestion

- 1 Add 1 tablespoon of fennel seeds with 1 tablespoon of carom seeds with a pinch of boiled water and leave it covered overnight. Drink in the morning.

Bloating

- 2 Take 1-2 teaspoons of ajwan seeds. Dry roast them in a pan for a few minutes. Crush the roasted ajwan seeds lightly, mix the crushed Ajawan seeds with a pinch of black salt. Take the mixture after a meal with a glass of warm water.

Stomach bug

- 3 1 tablespoon cumin powder, 5 tablespoons of hot olive oil, mix well. Soak in cotton wool and apply under the belly button.

Stomach fat and bloating

- 4 1 tablespoon of cumin powder mixed with 1 tablespoon of ground cinnamon, 1 small piece of ginger, grated, and added to boiling water. Squeeze ½ lemon juice. Leave for 10 minutes, drink before bedtime.





Remedies for coughs & colds

RECIPES

Ingredients

Cinnamon
Ginger
Black Cloves
Cardamoms
Black Pepper
Salt
Lemon Juice
Honey
Kala Jeera (Black Cummins)
Almonds
Brown Sugar

Cough

- 1 Add to two cups of boiling water, a quarter cinnamon stick, a small piece of fresh ginger, 3 black cloves, 3 cardamoms, ½ a teaspoon of black pepper, a pinch of salt, add lemon juice and honey. Let it simmer on low heat for 5 minutes, cool, and drink.

Runny nose

- 2 Get a fine cloth and put some Kala Jeera (Black Cummins) in it and tie a tight knot. Rub it against your palms to warm up and smell it.

Sore throat

- 3 50 grams of almonds, 20 grams of brown sugar, and 20 grams of black pepper. Grind them all together and keep in an airtight bottle. Take one spoon of this powder before going to bed to get relief from a cough.

Sore throat

- 4 1 teaspoon of black pepper mixed with three tablespoons of natural honey. Take two spoons every night.





Remedies for migraines & headaches

RECIPES

Ingredients

Lemon
Cinnamon
Water

Headache

- 1 Get one fresh lemon, peel the lemon skin, grind the lemon peel into a fine paste, and apply to the forehead, cover with a muslin cloth, and leave for 15 minutes. Wash off with lukewarm water.

Headache

- 2 Mix cinnamon powder in one tablespoon of water and make a paste. Apply the paste on your head and cover the head with a thin plain towel and take a nap if you can. Leave it on for 15 to 20 minutes.





Remedies for insomnia

RECIPES

Ingredients

Saffron
Milk
Almonds
Water
Honey
Poppy Seeds
Sugar

Not sleeping

- 1 Immerse a few strands of saffron in warm milk. Grind a handful of almonds with a cup of water to create almond milk, and combine it with the saffron-infused milk, a teaspoon of honey to sweeten.

Insomnia

- 2 Grind a handful of poppy seeds, add to cold water, and, for taste, add a bit of sugar or honey. Drink before bed to get a peaceful night's sleep.





Remedies for arthritis & pain

RECIPES

Arthritis, stiffness

- 1 ½ teaspoon of Palaiee ni cheer (edible Gum Arabic). Heat in the microwave for 30 seconds on medium heat. Then grind it in a blender to a fine powder and put it in any drink.



Ingredients

Palaiee ni cheer (Gum Arabic)
Almonds
Pistachios
Dates
Milk
Sugar
Limestone
Water
Coconut milk
Turmeric
Cardamom
Ginger
Black pepper
Ghee
Jaggery or honey

Back Pain

- 2 1 tablespoon of ground almonds, 1 tablespoon of pistachios, a few chopped dry dates; add to a glass of boiling milk and simmer for 5 minutes, and drink.

Reduce Inflammation

Golden Milk with Spices Haldi doodh

- 3 **Ingredients (1 serving):**
250ml of coconut milk
1 teaspoon of turmeric
4 cardamom pods crushed
1/2 teaspoon of ginger
1 pinch of black pepper
1 tablespoon of ghee
1 tablespoon of Jaggery or honey
Warm the milk: Add milk to a small saucepan and place over medium heat.
Add the spices: Whisk in turmeric, cinnamon, ginger, cardamom, and black pepper.
Add ghee and sweetener (jaggery or honey). Stir to combine.
Simmer gently: Heat the mixture until hot but not boiling, about 3–5 minutes. Stir occasionally.
Strain: Pour mixture through a sieve to catch pieces of ginger and coarse pieces of black pepper or cardamom.
Drink before bedtime.

Sprained Ankle

- 4 You need to mix an equal measure of sugar with limestone and water. Apply the warm paste and wrap in a soft, satin cloth. The tick paste absorbs the fluid of the sprained area and helps with recovery.

GLOSSARY OF INGREDIENTS

Ajwain seeds, also known as **carom seeds** or **bishop's weed** - Ajwan have historically been used for treating digestive disorders and as a natural remedy for various respiratory problems, including asthma, bronchitis, and the common cold.

Almond, Almond oil, and Almond milk - Almonds are rich in nutrients and include unsaturated fatty acids, phytosterols, magnesium, and vitamin E. As part of a balanced diet, it has multiple benefits on both blood sugar levels and cardiovascular risk factors.

Basil leaves - A member of the mint family, and many different varieties exist. This aromatic herb is used in teas and supplements. Contains anti-inflammatory properties, supports the digestive system, and promotes a healthy brain and stress.

Black cloves - Cloves have been used in traditional medicine to aid digestion. The compounds in cloves, including eugenol, stimulate the production of digestive enzymes, helping to reduce bloating, gas, and indigestion.

Black Cumin, Cumin powder - Cumin is a spice made from the seeds of the *Cuminum cyminum* plant. Cumin aids digestion by increasing the activity of digestive proteins. It may also reduce symptoms of irritable bowel syndrome.

Black pepper - It has one of the longest histories as a sought-after spice. Improves digestion naturally, helps with cold, cough, congestion, and also improves heart health.

Brown sugar - is normally unrefined, retaining its nutrients. The health benefits of brown sugar include its ability to boost energy levels, prevent colds, treat uterine infections, improve digestion, and reduce flatulence.

Green cardamom pods - cardamom has antioxidant and anti-inflammatory properties. Protects the heart from elevated cholesterol levels and high blood pressure, can help manage diabetes, and lower liver toxicity.

Cinnamon- Cinnamon is a spice obtained from the inner bark of several tree species from the genus *Cinnamomum*. It helps in soothing the stomach, relieving constipation, and reducing bloating.

Coconut oil, Coconut milk- Coconut is an essential cooking ingredient and used in beauty as part of treatments for skin and hair, but it also boasts some impressive health benefits. Coconut oil includes increasing good cholesterol, controlling blood sugar, and reducing stress.

Fennel seed - Due to its anti-inflammatory properties, fennel has been used as a digestive aid for thousands of years. Fennel seeds are nutrient-rich from the *Foeniculum vulgare* plant, offering digestive, hormonal, and heart health benefits while also supporting weight management and lactation.

Ghee - Ghee (Hindi: घी) is a type of clarified butter, originating from India. It is commonly used for cooking, as a traditional medicine, and for Hindu religious rituals. Ghee is a rich source of vitamins, antioxidants, and healthy fats. While you should eat fat in moderation. It has been used on the skin to treat burns and swelling, help wounds heal faster, strengthen skin, and increase collagen.

Ginger - a common folk treatment for upset stomach and nausea. It may reduce inflammation and help manage type 2 diabetes. There's strong evidence that ginger may ease osteoarthritis pain.

Gram flour - also known as chickpea flour, has gained immense popularity due to its nutritional value and versatility. It's a rich source of protein, fibre, and essential vitamins and minerals. Not only is it lower in carbs and calories, but it's also higher in protein and fibre.

Gum Arabic - is a natural substance extracted from the sap of acacia trees. It has a high soluble fibre content. Acacia fibre is said to have many health benefits, such as improving heart health, protecting against diabetes, and easing irritable bowel syndrome (IBS) symptoms.

Honey - is a natural sugar, made by bees from flower nectar. It's made through a simple process that needs minimal filtering or pasteurisation to remove impurities. Supports heart health, digestive wellness, immunity, skin health, and boosts energy.

Jaggery - is an unrefined sugar product made in Asia and Africa. It helps with digestion and can stimulate bowel movements, making it a good choice for preventing constipation. The minerals in jaggery help tackle water retention and thereby manage body weight. Antioxidants in jaggery support the immune system and help recover from minor illnesses.

Lemon - is a species of small evergreen tree in the Citrus genus of the flowering plant family "Rutaceae." Lemons contain lots of vitamin C, fibre, and plant compounds and offer important potential benefits, from boosting your immune health and reducing oxidative stress to lowering your risk of kidney stones.

Limestone - Limestone, a natural resource rich in calcium and magnesium, offers numerous health benefits. It plays a crucial role in strengthening bones for Osteoporosis Prevention. Limestone is also beneficial for relieving knee pain, backpain, shoulder pain, and spinal problems. Limestone powder can help brighten the skin and even out the complexion.

Milk - is a great source of protein and nutrients like vitamin A, vitamin D, and calcium. Most people can drink traditional dairy milk every day. Milk offers numerous health benefits, such as promoting bone and muscle health, weight management, and skin health.

Mint leaves - Mint (*Mentha*) is a popular herb and a mouth freshener that is used for its medicinal properties. It has more than two dozen species and hundreds of varieties, which also include peppermint and spearmint. The health benefits of mint include digestive relief and improved cognitive function. Its compounds may also soothe nausea and enhance your exercise performance.

Mustard oil - Mustard oil comes from the seeds of mustard plants. Beneficial for colds and cough. According to anecdotal evidence, steam therapy is a way to use mustard oil for cold and cough relief. It has strong antifungal qualities. It can treat fungal infections and skin rashes.

Neem leaf powder - Neem, scientifically known as *Azadirachta indica*, is a tree native to the Indian subcontinent. Neem leaf is particularly revered for its health benefits. Whether as a paste applied to the skin or as a powder mixed into teas. Supports immunity, skin health, digestive health and detoxification, supports healthy glucose levels.

Nutmeg - is one of the most useful spices as it can be used in both sweet and savoury cooking. Research suggests that nutmeg oil holds antiseptic properties that can inhibit harmful bacteria. It is traditionally used to relieve bloating, constipation, and gas, is a natural sleep aid, potentially enhancing cognitive function and memory retention, and reduces inflammation.

Olive oil - is the natural oil extracted from olives, the fruit of the olive tree, and it is linked to reducing inflammation and improving cholesterol levels, and has been recognised for its gut health benefits, improving hair and skin.

Poppy seeds - are an oilseed obtained from the poppy plant (*Papaver somniferum*). The tiny, kidney-shaped seeds have been harvested from the dried seed pod. Some health benefits might include supporting bone health, better digestion, supporting heart health, and skin hydration.

Salt - is a mineral composed primarily of sodium chloride (NaCl). Some benefits include increasing body water conservation and making you less thirsty.

Saffron - a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus". Research shows that saffron may have benefits for health conditions such as inflammation, asthma, hypertension, and depression.

Turmeric - or *Curcuma longa* is a flowering plant in the ginger family Zingiberaceae. It has antioxidant properties that may help the body combat inflammation and ease arthritis, trigger the release of the feel-good brain chemicals, boost memory, improve indigestion, and support skin health.

Yoghurt - there is growing evidence suggesting yoghurt improves our immune systems via the gut, partly by lowering inflammation in the body, which, over the long term, can increase the risk of diseases such as heart disease. promoting wound healing and muscle recovery, increasing bone density.

Made in 2026.
Produced by Steel City Community Consultancy Ltd and funded via Rotherham Council.
Artwork by Amy Lee Forde.

www.steelcitycommunityconsultancy.co.uk

