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## **Home Remedies During COVID Pandemic Lockdown**

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**Abstract**---Summary: COVID-19 pandemic affected almost all countries of the world and all countries adopted restrictive measures like "social" distancing and lockdown, intended to avoid transmission from human to human, and thus restricting virus spread. During nationwide lockdowns some of the minor health issues can be fixed at home using the home remedies. During the lockdown time, basic care and treatment can be provided at home. But if the condition of the person critical, referral to hospital or any health center is advised.

Home remedy is a type of homemade medication or tonic often of scientifically unproven effectiveness administered without any guidance, prescription or professional persons supervision. Home remedies may or may not have any type of medicinal properties that will treat or cure the diseases. It can be prepared by any person those are literate or laypersons also. Women in India are well versed to home remedies as compared to males as they are always practicing it since generations for quick relief of minor ailments for children and family members. To control COVID-19 spread in the country, government had declared complete lockdown in the country to break chain of COVID-19 through social distancing.

**Keywords**--COVID-19, home remedy, lockdown, pandemic, women.

## **Introduction**

As a result of the COVID-19 pandemic, a number of countries across the globe went into lockdown. Many people were forced to stay home without any clue of how long it will continue till life goes back to normal. During the lockdown period, use of home made remedy in basic ailments can prove to be effective treatment. It is very important for all to stay fit in this condition and to increase our immunity. WHO (World Health Organization) reported that, for some part of their primary health care needs, 80 percent of people worldwide rely on herbal medicines. According to WHO, approximately 21,000 plant species have the potential to be used as medicinal plants which people believe in as useful home remedy.

As per one study, approximately 42 per cent of respondents reported using home remedies on a daily basis which included hot steam inhalation, hot lemon drink and honey as the three most widely used home remedies. The most frequently used forms of home remedies are nutrition based home remedies. The most popular home remedy was used to treat the cold symptoms. In this survey, most respondents chose to continue with home remedies to treat specific health problems, and hoped to avoid using prescription drugs. Certain explanations for the use of the home remedy include positive experiences with home remedies and pain relief.<sup>1</sup>

Following are the home remedies that can be used during COVID pandemic lockdown:

- Home remedy for Cold: Sit on a chair with a bucket of very hot water at your feet. Spread Vaporub on the soles of feet and dip them in the water. While having feet in hot water, can have hot cup of tea to drink .<sup>2</sup>
- Runny nose : In such situation , getting facial steam could bring lot of relief as steam cleanses your nose, it help in stopping the runny nose for hours. You can also drink hot tea<sup>2</sup> .
- For cold cough:-
  - Take some Tulsi, Ajwain, turmeric, jaggery and herbal tea. Boil it with 2 cups of water. Boil it till it becomes one cup , allow it to cool & give 1 tea spoon twice a day. Can be used for all age groups.<sup>2</sup>

- Take 2/3 Cloves , fry them & make powder , give this powder along with honey to persons suffering from dry cough. They will get instant relief <sup>2</sup>.
  - You can try taking honey , a teaspoonful several times daily, or add it to tea or warm water. Honey has antibacterial properties and can also help to coat the throat, alleviating irritation.
  - Turmeric has been used as a trusted drug to treat upper respiratory conditions, bronchitis, and asthma in Ayurvedic medicine for centuries. You can get turmeric in its spice-form, as well as a capsule.<sup>2</sup>
  - Ginger has antibacterial and anti-inflammatory properties. It has also been shown trusted source to boost the immune system and relieve pain and discomfort. <sup>2</sup>
  - Spiced tea (Masala Chai) has become very popular in the United States in recent years. In India, chai is used to treat conditions such as sore throat and dry cough. <sup>2</sup>
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- Erasing cuts and bruises: For bruises, we would eat an onion or any red vegetable, because it was believed that those were the ones that went directly to red blood cell and helped reproduce them. Eating an onion actually help us but only the side effect is that if you work out to sweating, you smell bad. But smell does not matter if healing makes you feel better. These are some home remedies carried down traditionally and passed down to us from great-grandparents.<sup>3</sup>
  - Soothing ear infection: When we have an ear ache, we should wash our ears with warm water and follow by putting a capful of peroxide in our ears until it fizzed. Once it stops fizzing, we can let it drain out.<sup>4</sup>
  - Eliminating headaches: If we have headache one remedy that we can use is Vaporub on forehead, the back of your ears, and the back of your neck. After you apply the Vaporub, peel an onion and grill the peels until they are warm and soft. Once soft, put salt on top of the vaporub. Then, put the warm onion peels on your temples. We can do this anytime whenever we have headache. It is in practice since long and still providing relief.<sup>5</sup>
  - Home remedies for Acne: Many people look into how to cure acne naturally at home. We can use home remedies. Apple cider vinegar is made by fermenting apple cider, or the unfiltered juice from pressed apples. This has promoted many people to look how to cure acne naturally at home. All home remedies are essential to keep ourselves fit during COVID pandemic lockdown.<sup>6</sup>
  - For purging skin-deep issues: For mosquito bites, we can hold half a lime over the flame of the stove. Once the lime is charred, let it cool slightly, as it needs to be fairly hot to work. Then, we have to rub the charred part on the bite, the more juice, the better result. This speed up the recovery process and eliminates the itch. <sup>6</sup>
  - For relieving cramps and stomach aches: Tea made from onion skins would relieve menstrual period pains. As a picky teenager, it's a very advantageous as compared to pills during lockdown.<sup>7</sup>
  - Acidity : You should drink buttermilk or kokum sharbat along with cumin and fennel seeds to get instant relief if you're stuck at home and don't have medications to treat your acidity . Drinking a drop of baking soda with a glass of water will also give you a much relief from acidity.<sup>8</sup>

- Oral health care: If someone has pain in the gums, warm 1 cup of water on the stove (do not boil) and pour it into a cold bottle. Add 1 pinch salt in warm water and stir well. Swish the mixture in mouth like mouthwash and when done, spit it out into a drain (do not swallow). The salt can help prevent bacteria from developing in your mouth, and decrease the bacteria in your gums that can cause the swelling. Rinse the mouth at least twice day with warm salt water <sup>9</sup>.
  - Dental spray: Home-made diluted essential oils can be put into a small clean spray bottle <sup>9</sup>
  - Teabags: Take a fresh tea bag and steep it in boiling water for up to 5 minutes, just as you do for tea making. When the tea bag is cool enough to touch, apply it directly to the tender gums.<sup>9</sup>
  - Choose a tea high in astringent tannins, such as black tea, green tea or even tea with hibiscus.<sup>9</sup>
- Sore throat : Coconut oil pulling can be one home remedy that you can try to deal with a sore throat problem. Coconut oil helps to quash the toxins and improve the immunity. Coconut oil on the throat is also very calming, and has zero side effects. Using nearly two table spoons of high quality coconut oil on a regular basis will help the body naturally combat infections and viruses.<sup>9</sup>
- Diarrhea: First check condition of patient and give the home made ORS to child . You would need to replenish the fluids and depleted electrolytes (salts) to handle a mild bout of diarrhea. Drink plenty of tea, pure juices, fresh broths, or a sports drink high in electrolytes. Using only salt, sugar and water to make a homemade rehydration drink.
  - A diet of small , regular meals can be healthier than consuming three larger meals per day as diarrhea recovers.
  - Foods which are high in pectin, like fruits.
  - Foods rich in potassium, including sweet potatoes and carrots.
  - Electrolyte foods, including miso soups and sports drinks
  - Cooked, tender vegetables
  - Adequate protein intakes.

If unable to manage diarrhea at home, it is best to refer to nearest health care centre. <sup>10</sup>

- Nausea and vomiting:
  - Recommended amount for minimizing nausea is 4 cups (950 ml) of ginger tea. Render it at home by steeping the fresh ginger in hot water, sliced or grated. Sip the tea slowly, because drinking it too quickly will increase nausea. <sup>11</sup>
  - Cloves- Hold in your mouth few bits of cloves, and suck them for long. The scent and taste of the cloves will make vomiting stop instantly. It also triggers a change in the taste buds. It also decreases mouth sensitivity. Drink tea with a clove to avoid vomiting. Take a cup of boiling water and add a spoonful of cloves. Steep for 10 minutes, then strain until you drink.<sup>11</sup>

- Lemonade- Drink a glass of soda, mixed in with some lemons. Honey can be added to enhance the lemonade's flavor if desired. The vitamins and minerals that lemon contains will serve as an deterrent to vomiting and therefore instantly avoid it.<sup>11</sup>
- Saunf- also known as fennel : Chewing saunf at regular intervals is extremely effective. It refreshes the mouth 's taste and makes the person feel substantially better. Get fennel tea and you won't cough. Take one tablespoon of fennel and add one cup of boiling water. Steep and strain for 10 minutes before drinking.<sup>11</sup>
- Insomnia: Meditation of mindfulness consists of a deep, steady breathing while still sitting. As they rise and move, you observe your breath, body, emotions, feelings and sensations. Meditation mindfulness has numerous health benefits which go hand in hand with a healthy lifestyle promoting good sleep. It is said to minimize stress, improve concentration and increase immunity. Eat lighter nocturnal meals and at least two hours before bedtime and drink warm milk at bedtime.<sup>12</sup>
- Constipation:
  - Have every day a bowl of 1 or 2 fibre-rich fresh fruits. Fruits are extremely rich in water, vitamins, minerals and digestive enzymes which can help relieve and prevent constipation. Eg. Papaya (Enzyme papain) Pears (Sorbitol and Fructose) Pektin (Apple) Pineapple (enzyme Bromelain) , citrus fruits, bananas, sweet limes (pectin and naringenin) etc.
  - Vegetables are high in fibres, such as spinach, Brussel sprouts, broccoli, sweet potatoes, provide essential nutrients and can be consumed in the form of cooked stews or soups, baked, roasted and salads
  - Use whole grain with beans and lentils, such as oat bran, barley, wheat bran, jowar roti, bajra chapattis, buckwheat dosa etc.
  - Include nuts (grapes, apricots, prunes) and seeds (Chia seeds, flaxes, 1 ginger, Leaves mint Method:- In a jar, grate the ginger, and add the mint to it. Then pour 1 cup of water over it. Heat this all up for 10 minutes.<sup>13</sup>
- Dysmenorrhea:
  - In Menstrual cramps, drinking more water will help relieve bloating. Get into the habit of drinking 6 to 8 glasses of water per day, especially during your menstrual period time. To make it more palatable, add a mint or a lemon wedge.
  - When you're menstruating, sipping chamomile tea can help relieve cramps. Chamomile tea is filled with anti-inflammatory substances inhibiting prostaglandins.<sup>14</sup>

## Discussion

The present article is related to home remedies during COVID-19 pandemic. It's very difficult period for all. Historically, herbal remedies are used to treat a wide range of conditions. In this article, we have recorded the findings of a survey of beliefs in the population about herbal remedies and their use for cure. Many study participant's preferred herbal remedies on the suggestions from family members and friends. In a variety of cases, the herbs they selected for the treatment were not indicated. Participants had no understanding of how to prepare herbal remedies. Many of the participants relied on their own judgment

around dose titration, and found home remedies very effective so that they discontinued allopathic drugs. Many studies were reported on different home remedies for immunity boosting<sup>15-19</sup> and needs of such remedies during COVID-19 lockdown<sup>20-24</sup>.

### Conclusion:

This study found that many natural remedies are still used in the treatment of common ailments. Home remedies are best option to get relief from minor illness during lock down.

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