

PRIMARY HEALTH CARE KIT

S.No.	Medicine name	Useful conditions	General instructions to use	Dosage form
1	Avipathy choornam	constipation	1 teaspoon with warm water at bed time	herbal powder
		unsatisfactory bowel movements		
2	Dasamula rasayanam	cold	1/4 teaspoon can be taken every hour	herbal jam
		cough		
		sneezing		
3	Dhanvantharam gulika	indigestion	1-2 pills with warm water	pill
		menstrual cramps		
		regurgitation		
		ulcer pain		
4	Dhanvantharam tailam	muscle pains	warm oil can be applied locally and lightly rubbed in for 15-20 minutes; and then washed with warm water	oil
5	Gorochanadi gulika	cold	1 pill twice a day with honey or ginger juice before food	pill
		fever		
		immunity related problems		
		sinusitis		
6	Hinguvachadi gulika	cramps in abdomen	1 pill with warm water twice a day after food	pill
		indigestion		
		regurgitation		
7	Kachooradi choornam	fever	mix with warm milk and apply as a thin paste over forehead; remove when it becomes dry	herbal powder
		headache		
8	Karpooradi tailam	joint pains	warm oil can be applied locally and lightly rubbed in for 15-20 minutes; and then washed with warm water	oil
9	Ksheera bala 101	fresh wounds	apply 5 drops on palms, soles and crown of head and gently massage for few minutes just before sleep	oil
		sleep problems		
10	Maha vilwadi lehyam	diarrhoea	1/2 - 1 teaspoon to be taken internally	herbal jam
		giddiness		
		indigestion		
		nausea		
		vomiting		
11	Thaleesa pathradi vatakam	cold	1/4 teaspoon can be taken every hour	herbal powder
		cough		
		loss of taste in mouth		
		throat irritation		

12	Thriphala choornam	cuts & wounds	1 teaspoon with warm water at bed time to be taken internally; externally as eye wash and also for gargling	herbal powder
		eye problems		
		general health		
		tooth & gum related problems		
13	Thrivrit lehyam	constipation	1 tablespoon with 100 ml of milk at bed time	herbal jam
		to remove toxins from body in many conditions		
14	Valiya velichenna	dandruff	external application for fresh wounds and itchy skin lesions; as a eardrop for earache; and as a head oil before bath for dandruff	oil
		ear ache		
		fresh wounds		
		itchy skin lesions		
15	Vilwadi gulika	allergic problems	internally 1 pill with honey twice a day after food; externally can be applied on affected parts with warm water or tulsi juice	pill
		diarrhoea		
		insect bite		
		pimples & skin rashes		

Note -

- 1) the above medicines should be used at the first sign of the given condition; it is more effective then
- 2) ideally, you should call one of our physicians and get their advice on how to use which medicine in the specific condition
- 3) in case you do not get relief within the prescribed time, it is best to consult your local physician
- 4) in case of any doubt, please speak to our physicians before using any of these medicines