

## ELAICHI

(*Ela - Elettaria cardamomum* Maton)

- **Hiccough:** 1-2 fruits to be chewed frequently (not more than 4 per day).
- **Vomiting:** 250-500 mg powder of seeds fried in ghee thrice daily with honey.
- **Bad breath:** 1-2 fruits to be chewed frequently (not more than 4 per day).
- **Diarrhoea/Vomiting:** Ash of the *Elaichi* skin 2 gm with honey 4-5 times a day.
- **Cold:** 20 ml decoction prepared from 5 gm *Dhania*, 1 gm *Methi* seeds, 500mg turmeric powder should be taken 2-3 times/day.
- **Cough:** 250mg *Elaichi* powder with a teaspoon full of honey 3-4 times day. Even chewing *Elaichi* (not more than 3 per day) frequently is help full in dry as well as productive cough.

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