

Srila Prabhupada's Remedies for the Common Cold

For those of you who experience “summer colds” we are posting a few simple recommendations for relief as told to the devotees by Srila Prabhupada in the earlier days of ISKCON.

(More of Srila Prabhupada's natural remedies can be found in *The Final Journey—Hospice Care for Departing Vaisnavas-- Torchlight Publishing.*)

Srila Prabhupada's Cold Remedy #1:

Add ½ teaspoon of crushed chilli and a 1-inch piece of fresh ginger root (diced) to 1 and ½ cups of water. Bring to a boil.

Add 1 teaspoon milk and 1 tablespoon honey. Allow chilli to settle to the bottom before drinking.

This mixture loosens and clears nasal mucus associated with a common cold. This simple drink can be taken frequently throughout the day.

Srila Prabhupada's Chest Cold Remedy #1:

Mix mustard seed oil and camphor. Apply to back, neck, chest, hands, and bottom of feet. Massage in well.

Srila Prabhupada's Chest Cold Remedy #2:

Mix 1 tablespoon honey with ¼ teaspoon ground ginger. Eat frequently during the day.

(As always, we recommend you consult with your healthcare practitioner before starting any healthcare treatment.)