

# HOUSEHOLD REMEDIES TO IMPROVE MEMORY

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**I**t is said, 'Ati Sarvtra Barjayet' which means Excess is not good, be it of anything. The memory of those men and women who do a lot of mental work gets eroded gradually and slowly. There are a number of other reasons for the diminishing of recollection power. Such people cannot remember things even when they try to. When there is gradual erosion of recollecting ability, there is also a fear of total loss of memory or amnesia. Here are some household remedies to improve memory powers.

## Home remedies:

- ❖ In the evening, soak almonds in water kept in any vessel made of shell. In the morning, peel it and grind finely. If your eyes are weak, grind 4 black pepper seeds with this. Now mix this in 250gm boiling milk. When three boils occur, take it off the heat and add one spoon of desi ghee (clarified butter) and two spoons of bura and cool. Drink it when it becomes cool enough and continue for 15 – 40 days. This milk completely removes all weakness of the brain and memory powers, while increasing virility.
- ❖ If the above-mentioned process of making almond milk is not possible for you, then soak seven almonds and peel them. You can add four black pepper seeds and make a paste or keep them as they are. Now eat them one at a time every morning, chewing well and take a glass of warm milk afterwards. Along with improvement in memory, a number of eye problems get cured with this such as weakness of eyes, tiredness of eyes, watering of eyes, etc.
- ❖ Take 3 spoons of sankhpushpi churna in milk or misri syrup daily for 3-4 weeks (especially in the summer). This improves memory power and reduces weakness of the brain.
- ❖ You can also mix 10gm of green shankpushpi (panchang) in milk and make a drink similar to 'thandai' and then drink it. Sankhpushpi is an excellent rejuvenator.
- ❖ Fry seed kernels of musk melon (kharbuja) in pure ghee. Chew 5gm of this every morning and evening. This removes all problems related to the brain and improves memory.
- ❖ Boil and mix 8-10 dates daily in milk and then drink to improve memory power.
- ❖ Mix two spoons of mulathi powder in 250gm milk and drink this for some days to get benefit.
- ❖ Drinking soyabean milk or eating pakodis of soyabean mixed in wheat flour also cures all problems related to the brain.
- ❖ Dry a little bark of the peepal tree and grind this into a powder. Take this with two spoons of honey or water. This gives necessary benefit.
- ❖ Eating petha sweet during summer improves diminishing memory.
- ❖ Drinking 500gm fresh, raw cow's milk with honey or just like improves memory power.
- ❖ Mix two spoons litchi juice, half cup papaya juice, half cup mango juice, and two spoons phalsa juice and drink this to improve memory.
- ❖ Drink one cup of chukandar juice daily to cure all problems of the head as well as improve memory.
- ❖ Eat two amla murabba on empty stomach in the morning and do not take water or milk after this.
- ❖ Massage the entire head, ear lobes, forehead and soles of feet with ghee made from cow's milk to remove weakness of the brain.
- ❖ Eat 20gm of ripe pumpkin without cooking to get benefit.
- ❖ Take one spoon of wheat grass juice daily to get benefit.
- ❖ Mix two spoons ripe mango juice, one spoon ginger juice, and one spoon tulsi leaf juice. Add a little honey and drink this to remove weakness related to the brain and improve memory.
- ❖ Bel (wood apple) is an excellent fruit for the brain. Eating bel murabba for 15 days improves memory tremendously.
- ❖ Taking 4gm sugar powder in fresh water to get benefit.
- ❖ Grind one spoon of saunf and mix with honey. Take this morning and evening to get benefits.
- ❖ Chew two figs (anjeer) daily to improve memory.
- ❖ Eat sweets made of sesame seeds and pistachio (pista and til barfi) to get relief from weakness of the brain.