

# BALGUTI AT A GLANCE

## Natural, Ayurvedic Remedies For Your Baby

Daily Balguti is a paste of 9 out of 20 Ayurvedic herbs, namely *dry dates, almonds, jeshthimadh, vekhand, bal hirda, ashwagandha, suntha, ativish & haldi*. The dry ingredients are ground on a sandalwood stone using pre-boiled water or breastmilk. Each herb does one round on the stone for a baby's first dosage. From then on, for each month the baby grows older, one round is increased, per herb, on the stone.

### WORMS & INFECTIONS

Vekhand (Sweet Flag), Dikemali (Cumbi Gum), Hirda (Mature Chebulic Myrobalan), bal hirda (Immature Chebulic Myrobalan) and Ativish (Atis Roots) made in ova arka (Ajowan Caraway Water).

### CONSTIPATION

Bal Hirda (Immature Chebulic Myrobalan), Hirda (Mature Chebulic Myrobalan), Suntha (Dry Ginger) and Jeshthimadh (Liquorice)

### INDIGESTION & STOMACH ACHE

Sagargota (Fever Nut), Suntha (Dry Ginger), Ativish (Atis Roots), Bal Hirda (Immature Chebulic Myrobalan) and Nagarmotha (Nut Grass), made with 1:3 ratio of Ova Arka ((Ajowan Caraway Water) and water

### DIARRHOEA, DYSENTERY & LOOSE MOTIONS

Kuda (Kurchi Bark), Jaiphal (Nutmeg), Murudsheng (Indian Screw Tree), Maiphal (Oak Gall), Ativish (Atis Roots) and Nagarmotha (Nutgrass), 3 to 4 times a day.

### FEVER

Bal Sanjivani - a paste of Ativish (Atis Roots), Nagarmotha (Nutgrass) and Kadakshingi (Terminalia Chebula Galls), plus Suntha (Dry Ginger) and Pimpli (Long Pepper)

### FOR COUGH, COLD & SORE THROAT

For dry cough - Beheda (Belliric Myrobalan) & Jeshthimadh (Liquorice) with a little honey.

For cough & cold - Suntha (Dry Ginger), Pimpli (Long Pepper), Vekhand (Sweet Flag), Jeshthimadh (Liquorice) & kadakshingi (Terminalia Chebula Galls), 3 times a day.

### SOME THINGS TO REMEMBER

- Ideally, give the balguti in the morning, giving the baby ample time to digest it.
- It is important to keep all herbs and your rubbing stone clean and dry. Any tardiness here will affect the quality of your balguti and thus render it unsafe for your child.
- There is no 'this comes before that' chronology for the herbs you use in your balguti, but it is important to pay attention to the number of rounds/turns you do with them on your stone. Going overboard with your quantities has the risk of overdose.
- Not all babies are Ayurveda lovers. If your baby does not take to it well, you should talk to your paediatrician or stop using it entirely.