

Top 20 Thibb herbs and their healing properties



1. Honey

- Heals wounds
- Strengthens the immune system
- Clears phlegm
- It cleanses liver & stomach
- Weight reducer



2. Black seeds

- Anti-bacterial, Anti-viral
- Clears phlegm & phlegm
- Reduces Asthma attack
- Protects the kidneys; clears kidney stones
- Reduces blood pressure



3. Cust al Bahri

- Cures tonsillitis
- Treats Cough, cold & throat pain
- Relieves Asthma
- Enhances immune system
- Hormonal balance



4. Sana Makki

- It cures constipation
- Expels gas
- Cleanses the intestines
- Detoxifier & blood cleanser
- Clears negativity from mind

5. Sanut (Zeera)

- Controls Blood sugar levels
- Removes fatigue
- Relieves Stomach ache
- Relieves Gastric trouble
- Relieves stress & hypertension

6. Olive oil

- Heart protector
- It protects against coronary artery disease
- Treats High blood pressure & high-cholesterol
- Treats Muscle weakness
- Boosts immunity
- Heals Swelling, joint pains & Paralysis

7. Aloe Vera

- Skin protector & healer
- It heals burns and wounds
- Treats skin ulcers
- Constipation
- Liver detoxifier

8. Raihan – Sweet Basil

- It cures fever, cough and cold
- Treats headaches resulting from cold
- Aids digestion and cures stomach aches
- Expels gas and cleanses the intestines
- Reduces stress and high blood pressure

9. Vinegar – Apple Cider Vinegar

- It Improves digestion & metabolism
- Stops diarrhoea
- Promotes weight loss
- Controls the blood sugar levels
- Treats colds and coughs

10. Barley

- Relieves sadness, stress & calms the mind
- Cures stomach ulcer
- Helps reduce Uric Acid levels
- Helps dissolve gall bladder stones & kidney stones
- Cools the body

11. Grapes

- Cures Anaemia
- Regulates blood pressure
- Liver cleanser
- Blood cleanser
- Keeps the heart healthy

12. Dates

- Gives instant Energy
- Cures anaemia
- Ajwa dates - antidote to poison
- Detoxifier
- Anti-cancer & anti-inflammatory



13. Safarjal (Quince)

- Gives strength to the heart & body
- Best supplement for growing children
- Cures nutritional deficiencies
- Cures Anaemia
- Strengthens the stomach

14. Cress seeds

- Treats Common Cold & cough
- Relieves Asthma
- Reduces belly fat
- Thyroid disorders

15. Sweet flag

- Treats swelling
- Reduces the swelling of stomach & liver
- Strengthens and aids digestion
- Regulates Menstrual Cycle
- Cures diarrhoea in children



16. Pumpkin (Squash)

- Heals stomach ulcers
- Boosts immunity
- Pumpkin seeds cures prostate enlargement
- Strengthens the vision
- Relieves stress and anxiety

17. Figs

- Cures constipation
- Strengthens the nerves
- Helps in weight gain
- It has Anti-aging properties
- Cures cough, bronchitis and Asthma

18. Pomegranate

- Has Heart strengthening properties
- Its seeds cures stomach disorders
- Its rind cures piles & Haemorrhoids
- Cures Anaemia
- Its rind tea cures hypertension

19. Henna

- Heals wounds
- Treats skin inflammation
- Treats fungus of the skin
- It heals the burns
- Heals mouth ulcers and sores

20. Ginger

- Keeps the body warm in cold season
- Relieves cold and cough
- Aids digestion
- Expels gas and relieves stomach pains
- Removes blockages

21. Fenugreek

- Cures Ulcers
- Throat infection
- Acidity gastric trouble
- Dissolves thick Mucus
- Regulates blood sugar levels
- Stops heavy menstrual bleeding



22. Chicory

- Best medicine for Liver disorders
- It detoxifies Kidney, Spleen and intestines
- Blood cleanser
- Cures gout
- Treats Jaundice
- Antidote to most poisons

23. Miswak

- Eliminates bad mouth odours
- Sharpens the memory
- Strengthens the eyesight
- Clears mucus-phlegm
- Clears the voice

24. Kohl (surma)

- Brightens the eyesight

25. Mustard seeds

- Eliminates phlegm
- Increases heat in the body

Respiratory Problems

Lungs, Throat & Nose

Seasonal Flu

(Kalonji Based)



Indications:

Cold, cough with watery phlegm

Preparation Method:

Mix 20 g of Black seeds powder with 50 g Long pepper powder and make a mixture.

Dosage:

Consume 5g 1 hr after the breakfast and dinner

Continue taking this for 3 - 4 days

Cold, cough with throat pain

(Cust al Bahri based)



Indications:

Fever, Cough, throat pain & Tonsillitis

Dosage:

- Adults can consume Raw Cust al Bahri or Cust Al Hindi 5 gm daily along with water in the morning after the breakfast and after Dinner. Continue for 10 – 12 days.
- For 2 yr old babies, dosage should be $\frac{1}{2}$ gm, Can be consumed along with Honey.
- For children aged between 3 yr – 8 yr should be 2 gm
- For 9 – 15 yr should be $\frac{1}{2}$ tsp
- **Also make sure you take enough Vitamin D for good absorption of the Minerals present in Qust Al Bahri.**

Breathing problems

(Kalonji Based)



Indications:

Thick phlegm, Wheezing, Asthma

Preparation Method:

Mix 5g of Black seeds powder with 1 tsp of Honey

Dosage:

Consume this 1 hr after the breakfast and dinner

Continue taking this for 3 - 4 days

Fever



Indications:

Fever, body pain, fatigue and tiredness

Dosage:

Boil 2 tsp of Basil (Tulsi) powder in 100 ml of water for 5 mins. Sip warm daily. Repeat 3 - 4 times a day. Continue till the symptoms get reduced.

Digestive disorders

Stomach, Intestines

Acid Reflux

(Nabeez – Raisins Based)



Indications:

Acidity, heart burn , heat sensation in stomach

Preparation & Dosage:

1. Boil one glass of water
2. Add 2 tsp of Golden Raisins and soak it overnight
3. Next morning consume the water & Raisins on an empty stomach
4. Have your breakfast after 1 hr gap

Note:

Diabetic patients shouldn't consume Nabeez
Soak only in glass or earthen utensils

Diarrhea

(Pomegranate tea)



Indications:

Diarrhea, loss of appetite

Preparation: Add 1 tsp of Pomegranate peel powder in 1 cup water, boil it and strain it. Consume it after adding Honey and 5 drops of Lemon into it. Consume black tea

Dosage:

One may consume it regularly.

Constipation

(Figs Based)



Indications:

Constipation, bloated stomach

Preparation & dosage:

1. Soak figs in water overnight
2. Grind it and consume it in the morning on an empty stomach
3. Continue the course for many days for best results

Constipation

(Sana Makki Based)



Indications:

Constipation, bloated stomach

Preparation & dosage:

1. Add 5 gms of Sana makki powder in glass of water
2. Drink before going to bed

Do this twice a month

Control Sugar levels



- Soak 1-2 tablespoons of seeds **overnight**
- Dink this mixture in the, chew the seeds





Flatulence, Gastric trouble

(Cumin & Fenugreek Based)



Indications

Flatulence, bloated stomach, Absence of hunger

Formula:

1. Coriander seeds powder = 250 g,
2. Zeera (cumin seeds) powder = 125 g
3. Methi (Fenugreek seeds) powder = 125 g

Preparation:

- Ground all the ingredients separately
- Mix all of them well in a container.

Dosage:

Add 5 gm to 200 ml of water and boil
Drink this tea warm 1 hr before breakfast and dinner



Stomach Ache (Barley Based)



Indications:

Stomach ache, pain in the abdomen, gripping sensation.

Preparation & Dosage:

1. Add 1 tsp of barley in 200 ml (1 glass) of water.
2. Boil this mixture for 8 min.
3. Then consume it lukewarm
4. Also use cold towel method to reduce pain immediately



Stomach ulcer

(Fenugreek Based)



Indications

Stomach Ulcer, Stomach ache, stomach detox,

Preparation & Dosage:

Soak 1 tsp fenugreek in water overnight. Drink the water and chew the seeds next morning.

Dosage:

One may Consume it regularly.
Pregnant ladies should avoid

Stomach ulcer

(White Pumpkin)



Indications

Stomach Ulcer, Stomach ache, stomach detox,

Preparation & Dosage:

Make a juice and drink it early morning

Dosage:

One may Consume it regularly.
Pregnant ladies should avoid

Cardiac disorders

Heart, blood circulation & stress



Heart health

(Olive Oil based)



Dosage:

Consume 2 tsp of Extra Virgin Olive oil in the morning on an empty stomach. Eat breakfast 1 hr after consuming.

Types of Olive Oil :

Extra Virgin Olive :

Raw Consumption & for massage

Pure Olive Oil :

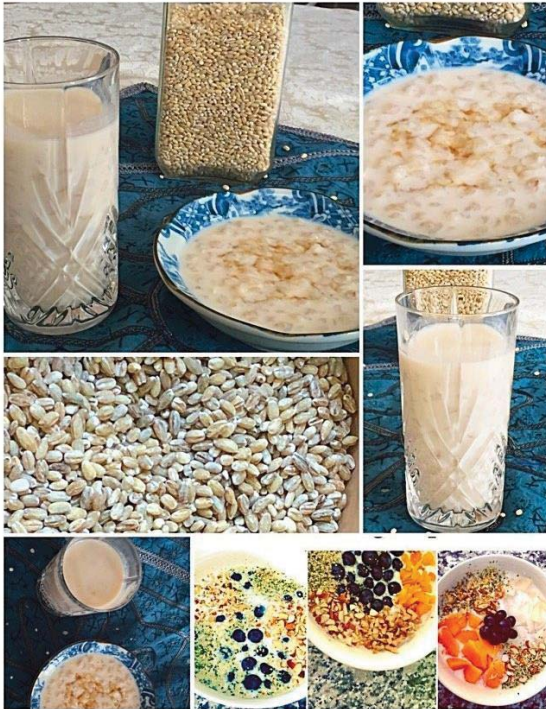
Raw Consumption. Use it for Salads & dressings

Pomace Olive Oil:

Used for cooking only

Stress Insomnia

(Barley based Talbina)



Indications:

Depression, anxiety, hyperactive mind & general weakness

Preparation & Dosage:

1. Boil 1 cup of milk and bring it to boil
2. Add 200g of barley powder into the boiling milk
3. Cover and simmer until barley is tender
4. Add 5 - 7 dates after removing the seeds
5. Serve lukewarm

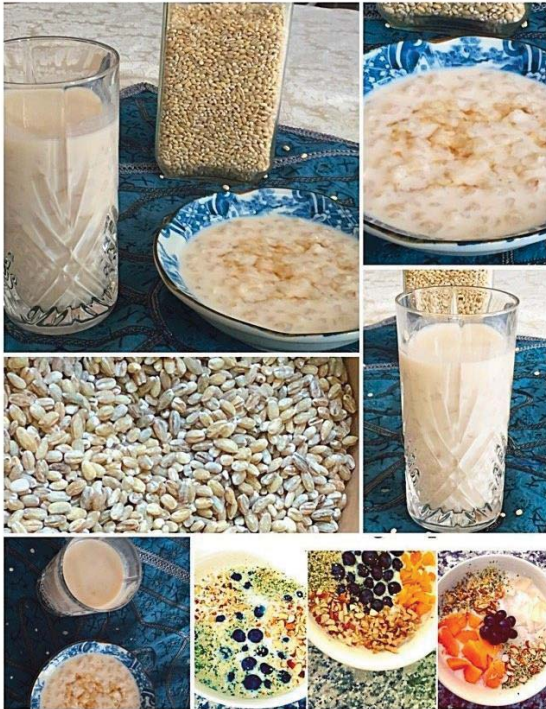
Dosage:

Consume it during breakfast & dinner

Sick people can consume 3-4 times a day

Stress Insomnia

(Barley based Talbina)



Other benefits

- Strength tonic
- Post recovery medicine
- Rich in Calcium & Folic Acid
- Sharpens the mind
- Anti-depressant
- Boots immune system



Blood Pressure

(Pomegranate Tea based)



Indications

Blood pressure, hypertension

Preparation: Add 1 tsp of Pomegranate peel powder in 1 cup water, boil it and strain it. Consume it after adding Honey and 5 drops of Lemon into it.

Dosage:

One may consume it regularly.

Anemia



Indications:

Weakness, fatigue, dull looking eyes, shortness of breath on exertion and palpitations.

Preparation & Dosage:

1. Boil one glass of water
2. Add 5 dates and soak it overnight
3. Next morning consume the water & dates on an empty stomach
4. Have your breakfast after 1 hr gap

Food supplement:

1. Extract juice of beet root
2. Mix beet root juice with carrot juice.
3. Add some tomato juice and add few Pudina leaves.
4. Consume this every morning

Note:

Diabetic patients shouldn't consume Nabeez. Soak only in glass or earthen utensils

Safarjal (Quince)



Indications:

Heart patients, Palpitations, Anxiety, fear, Headache due to heat, Nutritional deficiencies,

Spiritual diseases

- ❖ Negative thoughts
- ❖ Strengthens the mind
- ❖ Sihr (Black magic)
- ❖ Devil (Jinn) Possession



Blood Pressure

(Sidr - Lote tree leaves powder)



Indications

- Lowers the Blood pressure
- Helps regulate the blood sugar levels
- Detoxifies the blood
- Improves skin health
- Spiritual cleanse – sihr/evil eye

Sidr - Lote tree leaves powder can be used to take a bath to ward of sihr and evil eye.

Menstrual bleeding

(Fenugreek Based)



Preparation & Dosage:

Soak 1 tsp fenugreek in water overnight. Drink the water and chew the seeds next morning.

Urinary track disorders

Kidney, Urinary Bladder



Uric Acid

(Kalonji based)

Indications

Uric Acid, Creatinine levels, Joint pain etc

Formula:

1. Black Seed (4 large metal spoonful's = about 50 g).
2. Fenugreek seeds (4 large metal spoonful's = about 50 g).
3. Ajwain seeds (4 large metal spoonful's = about 50 g).

Preparation:

- Ground all the ingredients separately
- Mix all of them well in a container.

Dosage:

Consume 5 g on an empty stomach and after 1 hr after dinner
Take 10-15 days (one course) and give a break of one week





Kidney Stones

(Barley based)



Indications:

Pain in the lower abdomen, difficulty in urinating

Preparation:

1. Add 1 tsp of barley in 200 ml (1 glass) of water.
2. Boil this mixture for 8 min.
3. Then consume it lukewarm
4. Consume Vaalaithandu (Banana Stem) Juice in the early morning



Kidney Stones

(Kalonji based)



- Take a tablespoon of kalonji (Black seed) powder and mix it with hot water
- Add a little honey to it and drink it to dissolve kidney stones and gallstones.

It can be consumed twice a day, in the morning and evening.



Prostate enlargement

Pumpkin seeds based



Indications:

Prostate issues, pain in the abdomen, frequent urination, burning sensation

Method:

Take 1 tsp of pumpkin seeds along with a half walnut

Liver disorders

Liver, Gall bladder



Liver Detox

(Aloe Vera based)



Indications:

Liver detox, Jaundice

Dosage:

Consume 1 tsp of Aloe Vera gel in the morning on an empty stomach.

Consume only for 10 - 12 days (One Course). A gap of 7 days should be given between each course.

Note:

Pregnant ladies should avoid!!!!

Gall Bladder stone

(Apple Cider Vinegar)



Indications:

Gall bladder stone, pain in the abdomen

Preparation & Dosage:

1. Mix 1 tsp of Apple Cider Vinegar in 200 ml (1 glass) of water.
2. Also mix 1 tsp of orange juice
3. Then consume it daily 1 hr before breakfast and Dinner.
4. Take 7 days apple diet

Other benefits:

- Drinking ACV in the morning boosts immunity
- Helps fight allergies

Note:

Ulcer patients should avoid taking this portion

Gall Bladder stone

(Olive Oil)



Indications:

Gall bladder stone, pain in the abdomen. The stone consists of cholesterol and calcium deposits.

Preparation & Dosage:

1. Start vegan diet
2. Take 4 tsp of Olive oil and take a glass of warm water and then go for walking
3. Take 7 days apple diet

Gall Stones

(Kalonji based)



- Take a tablespoon of Kalonji (Black seed) powder and mix it with hot water
- Add a little honey to it and drink it to dissolve kidney stones and gallstones.

It can be consumed twice a day, in the morning and evening.



Diagnosis

Cold symptoms:

- Runny nose, watery phlegm, sneezing
- Oedema, swelling, Cold limbs, Sensation of cold, cold limbs, Numbness
- Profuse and pale urination, Weakness of knees
- Pain due to cold accumulation - relief on massage
- White coating on the tongue

Heat symptoms:

- Sore throat, Swollen tonsils, thirst, Stuffy nose with yellow mucus
- Boils, red rashes on the skin, Red eyes, temporal headache or migraine
- Constipation, burning sensation while defecating
- Mouth or tongue ulcers, piles, Nose bleeding
- Mental restlessness, agitation, insomnia
- Yellow coating tongue

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- Increase your knowledge on health and everyday health problems
- Understand the nature of **any ailment** and its **root cause**
- Learn basic tongue diagnosis and pulse examination
- Learn the usage of medicinal herbs recommended in the Thibb
- Learn how to restore balance to your body by **stimulating pressure points**
- Learn **preventive measures** and **improve your immunity**.
- Learn how to treat a person in emergency situations such as fainting, coma etc
- By learning you can treat yourself & family for many ailments.



What you will learn ?

- The **Prophetic Medicine** to know the fundamentals of health, balancing & body types(Mizaaj)
- The effect of Food, climate, emotions & other life factors on the body, elements & its vital functions
- The 12 basic organs, their functions, channels & vital acu-points according to traditional acupressure theories.
- Location of Acu-points, their uses and stimulation techniques

End of presentation

