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VIPUL M DESAI

Health benefits of Neem

Neem relieves dry skin

It soothes itchiness, redness and irritation.

It improves general skin health and immunity, combating bacterial infections, as in acne, boils and ulcers.

In treating diabetes, neem has been found to actually reduce the insulin requirements by as much as 50% without altering the blood glucose levels. Take 3 to 5 drops internally each day.

Neem cleanses the blood, stimulates antibody protection and strengthens the immune system which improves the body's resistance to many diseases.

Used as a mouth wash it treats infections, mouth ulcers, bleeding sore gums and will even help prevent tooth decay!

For pink eye the juice of neem leaves can be used as eye drops, warm 5-10 ml and apply several drops.

But neem doesn't promote resistance in bacteria. Antibiotics are over-prescribed and are becoming blunt as a weapon in our fight against diseases. Neem is an interesting alternative, and one that will never stop working.

To treat jaundice, mix 30 ml of neem juice with 15 ml of honey, take on an empty stomach for seven days.

If you suffer from burning sensations and excessive sweating, add 5 to 10 drops of neem oil in a glass of milk and drink it before going to bed.

Another way to treat psoriasis as well as eczema, skin ulcers, fungal conditions, cold sores and athletes foot, is to mix 1 tablespoon neem oil and 4 ounces of olive oil. This should be applied at least twice daily to the affected areas.

To remove moles and warts, one drop of undiluted neem oil should be directly to the mole or wart and then covered with a small bandage. The procedure should be repeated daily using fresh oil and clean bandage.

For sinusitis, plain pure neem oil can be used as nasal drops. Use two drops twice daily, morning and evening.

For athlete's foot, soak feet in warm water with 15 ml of neem oil.

Neem oil will quickly stop ear-aches, just warm some oil and apply a few drops into the ear.

For hemorrhoids, apply some neem oil to a cotton ball and gently rub for about a week. If preferred a paste can be made by adding a small amount of olive oil or Aloe Vera oil until desired consistency is reached.

To prevent hair loss and enhance growth, mix a few drops of neem oil with coconut or olive oil and massage into scalp. This will even prevent your hair from graying!

Neem oil can be applied to cuts and abrasions to help them heal quickly. Neem increases blood flow which aids in creating the collagen fibers that helps the wounds to close.

As a treatment for burns and even sunburn, neem oil can kill the bacteria, reduce the pain and stimulate the immune system. By stimulating the immune system it speeds up the healing process and there is less scarring.

To kill head lice, neem oil should be massaged into the scalp and left on overnight. Shampoo your hair as usual the next morning.

Neem detoxifies the body and helps maintain healthy circulatory systems, digestive and respiratory systems and helps to keep the urinary tract free of infections.

Laboratory studies have proven neem to be effective in treating the symptoms of food poisoning associated with both salmonella and staphylococcus. Neem extracts kill the salmonella bacteria and flush it out of your system, reducing the severity and length of the ailment.

A neem paste applied directly to the sores caused by chicken pox will relieve the itching and reduce scarring.

Neem tea drunk once or twice weekly can even help prevent colds. If you already have the symptoms associated with a cold they can be lessened by drinking neem tea three times a day.

It will help alleviate the fever, cough, aches and pains, sore throat, fatigue and nasal congestion.

Neem also contains powerful anti-fungal properties that have been shown to aid in the treatment of athlete's foot, yeast infections, thrush and even ringworm.

In its use of treating hepatitis, 80% of test subjects showed a significant improvement. The neem extract can actually block the infection caused by this virus.

Drinking neem tea during an outbreak of influenza will help alleviate some of the symptoms and speed up the recovery time. Neem has an amazing ability to literally surround viruses and prevent them from even infecting the cells.

Use of a neem based powder for jock itch will reduce the itching, dry the area and kill the fungus. For severe cases a neem lotion may be more effective.

The length and severity of an outbreak of mononucleosis can be decreased by drinking neem tea twice a day for two weeks.

For shingles, neem cream should be applied to the affected area at least three times per day. Severe cases should also be treated with neem tea after each meal, but tea should not be consumed for more than two weeks at a time.

Thrush can be effectively treated with neem tea; it will reduce the inflammation, reduce the pain and speed healing. Children under the age of 12 should not drink neem tea, for children this young it should only be used to gargle.

Secondary bacterial infections in the nasal passages and respiratory system can be decreased by inhaling steam from boiling the leaves.

In a recent study neem was shown to lower cholesterol levels when taken for a month in either the capsule form or the extract.

Scientific studies have proven that neem will reduce blood clots, heart irregularities and even reduce blood pressure. Results can be seen within one month on a regimen of extract or capsules.

Neem will increase the body's production of T-cells, which will attack infections.

The use of neem oil on the skin is known to actually rejuvenate the skin; it also promotes collagen and will work in the treatment of many skin conditions including acne. Acne can be cleared up within a few days by taking two neem capsules twice daily.

It is reported that neem will help in fighting chronic fatigue.

For headaches neem powder should be applied to the forehead, neem oil should also work in combating headaches when used the same way.

The inflammation, pain and swelling of the joints associated with arthritis can be greatly relieved with the use of neem. Neem changes the immune systems response to arthritis and can halt the progress of this disease.

For centuries neem has been used to reduce tumors. Clinical research has shown remarkable effects in the reduction of tumors and cancers and also in treating leukemia.

Neem is highly effective in treating gastritis, indigestion and heartburn.

Blood disorders such as blood poisoning, kidney problems and poor circulation have been benefited by the use of neem.

Neem oil should be stored in a cool dark place; if the oil solidifies it can be placed in warm water to bring back to liquid form.

Nobody wants to douse themselves in insecticides, or use corticosteroids forever. Neem can often do the same job, even better.

Neem oil also makes great nail oil. No more brittle nails and no more nail fungus.

Neem leaf is an essential ingredient in many Ayurvedic remedies. Indians have known for thousands of years that taking neem has many benefits. It stimulates the immune system, improves liver function, detoxifies the blood, and generally promotes a healthy circulative, respiratory and digestive system. It is famous as a malaria treatment and for diabetes. In the western world people mostly drink neem tea or take neem capsules to boost immune function and for the blood cleansing effect, especially people with skin problems.

Neem is just about anti-everything: anti-bacterial, anti-viral, anti-septic, anti-diabetic, anti-fungal, blood-purifying, spermicidal

Courtesy: ushaprabhakar.com