



The Kitchen Remedies Worth Trusting — And the Ones That Aren't

Turmeric, ginger, tulsi, ashwagandha — what the tradition says, what the evidence actually shows, and the safety flag on every single one. 20 honest minutes, no cure claims.

WHAT'S INSIDE

Every kitchen spice, honestly labelled

This mini gives you the honest map of Ayurvedic home remedies: what the tradition actually claims, which remedies have real evidence, which are traditional-use only, and the safety flags most books leave out — including the ones that can send someone to hospital.

01	How Ayurveda thinks — doshas, agni, ama	p.3
02	The kitchen pharmacy — part I	p.4
03	The kitchen pharmacy — part II (the risky ones)	p.5
04	Everyday complaints & the red flags	p.6
05	Daily routines (dinacharya)	p.7
06	The safety chapter — heavy metals & interactions	p.8–9
07	The honest frame — how to read a claim	p.10
08	Using it wisely — 10 myths, corrected	p.11–12

THE ONE IDEA TO HOLD THE WHOLE WAY

"Natural" and "traditional" are not the same word as "safe." Herbs are pharmacologically active — that's exactly why some help, and exactly why some can hurt in the wrong dose, the wrong body, or the wrong combination.

How Ayurveda thinks

- **What it is:** a ~3,000-year-old traditional wellness system from the Indian subcontinent, built around prevention, routine, diet and the individual — not the disease.
- **The doshas:** vata (movement), pitta (digestion/heat), kapha (structure/stability). A lens for sorting tendencies — not measurable substances.
- **Prakriti vs vikriti:** your fixed nature vs your current imbalance. "Restoring balance" means returning to your own baseline.
- **Agni, honestly:** a genuinely useful way to talk about digestion feeling strong or sluggish.
- **Ama, honestly:** "undigested residue" blamed for illness — but it has no biomedical equivalent. Not a toxin you can bottle or flush out with a tea.

READ THIS THE RIGHT WAY

Doshas, agni and ama are a coherent traditional framework, not biology. This book presents them faithfully — and labels them honestly. Both matter.

The kitchen pharmacy — part I

- **Turmeric** 🟡⚠️ : a 2021 RCT found a bioavailable extract eased knee-osteoarthritis pain about as well as paracetamol over 12 weeks — but most trials use concentrated extracts, not curry-strength turmeric. No credible evidence it treats cancer.
- **Ginger** 🟢 : the book's first strong-evidence entry — a meta-analysis of 12 RCTs (~1,278 women) found it significantly reduced nausea in pregnancy.
- **Tulsi** 🟡⚠️ : a small RCT found lower stress scores over 6 weeks — but may lower blood sugar and carries a pregnancy caution.
- **Honey** 🟢⚠️ : genuinely good evidence for night-time cough, ages 1+ — but never before age 1 (infant botulism risk, see p.9).

THE PAIRING THAT'S REAL PHARMACOLOGY

Curcumin (turmeric) is barely absorbed alone. Piperine in black pepper blocks its breakdown — one study reported a ~2,000% jump in bioavailability. Golden milk's pepper isn't folklore.

The kitchen pharmacy II — the risky ones

- **Ashwagandha** 🟢 **major flags:** among the better-evidenced adaptogens for stress and sleep — but documented cases of acute liver injury, and can raise thyroid hormone. Avoid in pregnancy.
- **Giloy** 🟡 **liver signal:** a nationwide Indian study (2020–21) documented ~40–49 patients with giloy-associated liver injury. Not the benign "immune booster" it was marketed as.
- **Neem oil** ⚠️ **toxic if swallowed:** as little as 5–10 mL by mouth has caused seizures and kidney failure in infants. Never give internally to a child.
- **Aloe latex** ⚠️: whole-leaf aloe is IARC Group 2B (possible carcinogen); the FDA pulled aloe latex from OTC laxatives in 2002. Topical gel is fine — oral aloe needs real caution.
- **Saffron** 🟢 **(mood):** several RCTs suggest it eases mild-to-moderate depression — promising, not a psychiatric-care replacement.

CASSIA VS CEYLON CINNAMON

Supermarket cinnamon is usually cassia, which contains coumarin — linked to liver toxicity at high intake. One teaspoon can deliver 4–12mg vs a ~7mg daily limit for a 70kg adult. Buy Ceylon for daily use.

Everyday complaints — comfort, not cure

- **The golden rule:** a home remedy is for something mild, familiar and improving. Severe, unusual, persistent or worsening — that's a doctor's job.
- **Cold & cough:** steam, warm fluids and honey (1+) ease symptoms — none of it shortens a viral cold.
- **Acidity & constipation:** ajwain, jeera and fennel are traditional carminatives; psyllium (isabgol) is the one with solid evidence.
- **The real emergency:** chest pain spreading to the arm or jaw, with breathlessness or sweating, is never "just gas" — call emergency services.

ONE QUIET REMINDER

Never stop or delay a prescribed medicine to "try a remedy first." And never give honey to a baby under one year.

Daily routines — dinacharya

- **The real gift:** a steady daily rhythm — waking, eating, resting at consistent times — is where tradition and modern habit science quietly agree.
- **Tongue scraping** 🟡: a Cochrane review found modest short-term reduction in bad breath vs a toothbrush alone.
- **Oil pulling** 🟡: some small trials suggest lower plaque and gum inflammation — but it never replaces brushing and flossing.
- **Abhyanga (self oil-massage):** pleasant, generally safe; patch-test new oils and avoid broken skin or active infection.

WARM WATER, HONESTLY

It hydrates and feels good. It is not a detox, a fat-burner, or a cure for anything — your liver and kidneys already handle that job.

Heavy metals — the JAMA findings

20%

of tested Ayurvedic products
had lead, mercury or arsenic
(JAMA 2004, 14 of 70)

~1 in 5

online US- & Indian-made
products had detectable heavy
metals (JAMA 2008)

Repeated

not a one-off — a
documented, recurring finding

"Natural" and "traditional" say nothing about whether the bottle's contents are pure. What actually determines safety is dose, purity, preparation and interactions — the same four things that govern any medicine.

AVOID

Rasa-shastra / bhasma preparations deliberately contain processed metals and are linked to documented lead-poisoning clusters. Skip unless prescribed and independently tested.

CHAPTER 06 · CONTINUED

The herb–drug interaction table

IF YOU TAKE...	WATCH
Blood thinners / pre-surgery	Turmeric, ginger, garlic, tulsi, saffron
Diabetes medication	Fenugreek, tulsi, cinnamon, giloy, garlic
Thyroid medication	Ashwagandha, fenugreek
HIV antiretrovirals	Garlic — lowers protease-inhibitor levels

- Watch the liver:** ashwagandha, giloy and high-dose ajwain all carry documented liver-injury signals. Stop for jaundice, dark urine, or right-rib pain.
- Never under age 1:** honey — the one food firmly linked to infant botulism. Never give neem or clove oil internally to a child.

The honest frame — reading a health claim

- **AYUSH (India):** licenses Ayurvedic manufacturers and has moved hard against ads claiming "100% safe," "guaranteed cure," or curing named diseases.
- **The FDA label (US):** "not evaluated by the FDA" means the FDA never reviewed the product before sale — not that it's proven safe or effective.
- **The evidence ladder:** anecdote → lab/animal → small trials → RCTs → systematic reviews/meta-analyses. Our 🟢 label lives at the top rung.
- **Four traps:** placebo effect, publication bias, funding conflicts, and regression to the mean — the reasons "a study showed" isn't proof.

THE ONE NON-NEGOTIABLE

Any source that tells you to stop a prescribed medication in favour of a remedy is putting you in danger. That instruction should end your trust instantly.

Ten dangerous myths, corrected

- **"Natural means safe":** arsenic and snake venom are natural too. Herbs are pharmacologically active — that's why they can also harm.
- **"Ayurvedic means pure":** ~20% of tested products contained lead, mercury or arsenic (JAMA).
- **"Honey is a gentle baby remedy":** never under age 1 — firmly linked to infant botulism.
- **"Detox teas remove toxins":** your liver and kidneys already detox you; commercial claims are unproven.
- **"3,000 years of use means it works":** bloodletting lasted millennia too. Longevity is not proof of efficacy or safety.

WATCH OUT

Two myths cause the most preventable harm: "herbs can replace my prescription" and "more is better." Keep food-amount spices as food; keep prescribed medicines exactly as prescribed.

CHAPTER 08 · CONTINUED

What actually earns a place in your kitchen

REMEDY	REASONABLE FOR...	LABEL
Ginger	Nausea, incl. pregnancy	●
Honey (1+)	Night-time cough	●
Peppermint oil	IBS symptoms	●
Turmeric	Mild joint discomfort	●

The rest of the pharmacy isn't worthless — much of it is pleasant, cultural and low-risk as food. It simply hasn't earned a health claim.

THE ONE-LINE VERSION

Remedies are for minor, short-lived issues. If it's severe, persistent or worsening, that's a doctor's job — not a spice's.

YOU'VE GOT THE MAP. NOW GET THE PHARMACY.

This was the 20-minute version.
The full guide covers 30+ ingredients.

You now know more than most home-remedy books ever tell you. The complete **Ayurvedic Home Remedies** guide takes every chapter above and expands it — every ingredient, every complaint, every safety flag.

- **All 8 chapters** — the full kitchen pharmacy, safety chapter, and honest frame, expanded.
- **30+ ingredients** — each with the same four-line format: use, evidence, how to prepare, safety flag.
- **The complete safety chapter** — the full herb–drug interaction master table & special-populations guide.
- **FAQs & glossary** — every key term defined honestly, every common question answered.

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