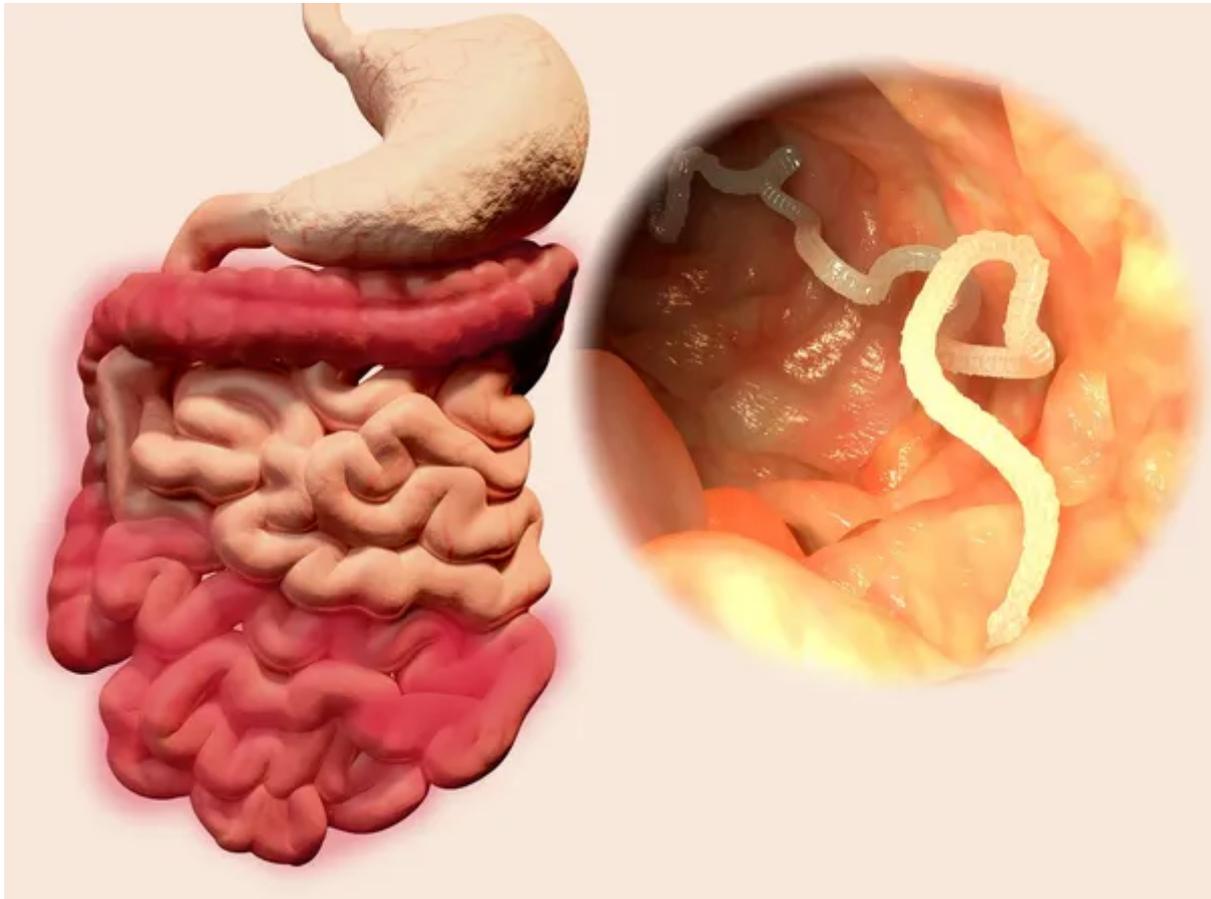


National Deworming Day 2022: 7 natural ways to do deworming at home backed by Ayurveda



One of the leading causes of intestinal worms is an unclean environment. |
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Key Highlights

Intestinal worms are parasites found in the human intestine that thrive on the same nutrients and minerals that toddlers survive on.

These worms, found in the gastrointestinal tract, can feed on the human body and hamper the growth and development of children in their young years.

Furthermore, if left untreated, these worms multiply causing way more damage to the body.

New Delhi: Intestinal worms are parasites found in the human intestine that thrive on the same nutrients and minerals that toddlers survive on. These worms, found in the gastrointestinal tract, can feed on the human body and hamper the growth and development of children in their young years. Furthermore, if left untreated, these worms multiply causing way more damage to the body.

Every year on February 10 and August 10, National Deworming Day is observed in India to raise awareness on intestinal worms, their types, their prevention techniques in growing children and to attain complete eradication of Soil-Transmitted Helminths (STH) in children aged 1-19.

What are the causes of intestinal worms?

One of the leading causes of intestinal worms is an unclean environment. However, there are other risk factors associated with intestinal worms. These include:

1. Weak immune system
2. Drinking contaminated water
3. Poor hand hygiene
4. Poor personal hygiene
5. Consuming uncooked or infected meat
6. Intake of contaminated soil

What are the symptoms of intestinal worms?

When left untreated for too long, intestinal worms are likely to multiply and trigger the following symptoms:

1. Anaemia
2. Wheezing
3. Nausea
4. Diarrhoea
5. Uncontrolled hunger
6. Fatigue
7. Abdominal pain
8. Pain while urinating
9. Bloating

Can intestinal worms be treated at home?

Although there are medical ways to get relief from intestinal worms, one can also look for treatment in Ayurveda. In an interaction with Times Now Digital, Dr. Partap Chauhan, Director of Jiva Ayurveda, shared a few natural remedies to help children remain worm-free.

1. Mix Vidanga powder (Embelia Ribes) with honey or warm water and make your child drink it every day in the morning.
2. Taking the concoction of dry ginger (adrak), black pepper (kaali mirch), pippali (Piper longum), and honey for 15 days also reduces worms.
3. Tulsi leaf juice with honey or peach juice and honey is also helpful.
4. Food like ajwain (caraway), black pepper (kaali mirch), asafoetida (hing), black salt (kala namak), dry ginger, garlic, turmeric are good for deworming. Take ajwain mixed with a pinch of salt on empty stomach for a week to eliminate worms.

5. Always drink boiled water. Give your child to drink coconut water or water medicated with ajwain or vidang.
6. For children up to the age of 4-5 years, soak a piece of cotton in sesame oil or groundnut oil and place it at the anus to reduce itching.
7. A decoction of nagarmotha, daruharidra, and drumstick bark along with the powder of piper longum and vidanga helps to remove worms as well.

Disclaimer: Tips and suggestions mentioned in the article are for general information purposes only and should not be construed as professional medical advice. Always consult your doctor or a dietician before starting any fitness programme or making any changes to your diet.

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