

## **Part of ancient hela medicinal prescription from the kitchen to protect from Corona viral disease and to develop immune system against viral fever, cold and phlegm**

Take equal amount of coriander, cumin seed, dill seed, black cumin (kaluduru), pepper, fennel seeds and roast them in a pan each separately until they get slightly golden brown. You can also add a half amount of roasted cinnamon and quarter amount of roasted cardamom if available. Then grind them and get the powder. Allow it to cool for some time and mix equal amounts of turmeric powder and dried ginger powder to above mixture. (If you don't have all those seeds, get available seeds roasted, with curry powder and powdered pepper instead. No need to roast them). Put this powder into a clean, dry bottle. If you don't have ginger powder you can use a little piece of ginger (crushed) at the time you boil it. (eg, coriander 10g, cumin seed 10g, dill seed 10g, black cumin 10g (kaluduru), pepper 10g, fennel seeds 10g, cinnamon 5g, cardamom 2.5g After preparing the powder mix 10g of turmeric powder and ginger powder). (if available a pinch of roasted long pepper (thippili) powder can be added to the portion you take for boiling in thrice a week. (do not take daily)

How to use - take  $\frac{1}{4}$  yoghurt spoonful of this powder (it may be equal to  $\frac{1}{2}$  of  $\frac{1}{4}$  tspn) for one person and put into a dry tea cup. Then add boiling water, close from a saucer and allow it to boil for about 5 minutes before drink. Or you can put more powder into a pot and add water to sufficient portions and boil in a cooker.

And another way you can is, add  $\frac{1}{2}$  teaspoon of powder when making rice broth (polkiri kenda). Use squeezed (by hand) coconut milk when preparing rice broth and without coconut milk is ok for these days as it may somewhat increase phlegm for the people who have usual phlegm symptoms.

This is good for any person and children of any age and you can add little sugar when giving it for children. Use morning and evening daily for best results and this is very good for the people those who have digestion problems as well. Please consider that this is a part of a 'hela' medicinal recipe that we use for those problems and we decided to tell a part of it for our people in all over the world locked down in their homes and it has also been worked very effectively on people who had mild symptoms like corona viral disease. We have many good responses and wishes from people from many countries and we are so happy that we could able to help them and wiped their fears. If you have serious symptoms please take immediate actions to consult your physician.

\*boil a little turmeric powder and allow it to cool (slightly warm), add pinch of salt and few drops of lime juice and gargle everyday