

A closer look at grandma's healing wisdom

Every Indian household, at some point, has echoed with the words "Nani ke nuskhe" or "Dadi maa ke gharelu upay". From haldi doodh for coughs to ajwain for stomach pain, generations of women have passed down home remedies like sacred knowledge. These treatments weren't just rituals; they were forms of care, nurtured by experience and instinct, long before pharmacies and prescriptions became commonplace.

But now, in an age of evidence-based medicine and global health awareness, we're beginning to ask: which of these remedies still hold up? Which ones were spot-on? And where did well-meaning tradition miss the mark? It turns out, there's a lot grandma got right but also a few things that need rethinking.



WHEN CULTURE MEETS COMMON SENSE

One of the strengths of traditional remedies is that they rarely existed in isolation. They were part of a larger ecosystem of wellness—seasonal eating, rest, oil massages, daily movement, and community care. Remedies were just one piece of the puzzle, woven into a lifestyle that supported balance.

However, the challenge arises when these remedies are lifted out of that context and treated as quick-fix solutions. What worked in grandma's time may not work today without adaptation. Our diets, activity levels, stressors, and environments have changed. So it's not always about whether a remedy is right or wrong—it's about whether it still fits.

WHERE THE WISDOM FALTERED

While many traditional remedies are brilliant in their simplicity and effectiveness, not all of them hold up under scrutiny. Take

castor oil purges, for example. While it was once common to "cleanse the system" by consuming castor oil, we now know that excessive purging can dehydrate the body and disturb gut flora. Similarly, feeding infants honey is now advised against by pediatricians due to the risk of botulism, a rare but serious form of food poisoning.

Applying toothpaste on burns, using mustard oil for earaches, or wrapping a sprain in a cloth soaked with "miracle oils" are examples where traditional logic doesn't align with medical best practices. In some cases, these remedies caused more harm than good by complicating simple injuries or infections. Also, while certain herbal brews and concoctions might seem harmless, the lack of precise dosage or understanding of interactions with modern medications can lead to unintended side effects.

THE TIMELESS REMEDIES THAT STILL MAKE SENSE

Haldi doodh (turmeric milk) is no longer just a bedtime ritual in Indian homes; it's now known globally as "golden milk" and praised for its anti-inflammatory, antioxidant, and immunity-boosting properties. Curcumin, the active compound in turmeric, has been studied for its ability to support joint health, aid in digestion, and even assist in wound healing. Paired with warm milk and a pinch of black pepper (which enhances absorption), it's a natural powerhouse.

A staple in post-meal teas and 'nani ka box', ajwain or carom seeds is now recognized for its carminative properties, meaning it can relieve gas, bloating, and indigestion. Boiling ajwain in water and sipping it slowly really can soothe a troubled stomach, especially when you've overindulged.

Ginger for nausea, honey with tulsi for coughs, and ghee for dry skin, these aren't just cultural quirks. They're remedies rooted in centuries of observation, and modern research increasingly backs their efficacy when used appropriately.



BRINGING TRADITION INTO THE MODERN AGE

The good news is that traditional wisdom and modern medicine don't have to be at odds. In fact, they can beautifully complement each other. Ayurveda and naturopathy are being revisited by wellness professionals and researchers across the world, not to replace medical science, but to support it.

A turmeric supplement might now come in capsule form. Grandma's kadha might get a flavour upgrade with lemon and honey. And an oil massage might be rebranded as lymphatic drainage therapy—but the core intention remains the same: to help the body heal gently, naturally, and with care.

The best approach today is a blend of both worlds. Trust the remedies that have stood the test of time, but also stay informed. Speak with your doctor before mixing herbs with medication. Check if that miracle home recipe is actually safe for children. And most importantly, listen to your body—it often knows what it needs.

Can cinnamon help lower cholesterol?



Cinnamon has long been valued not only for its warm, aromatic flavour but also for its traditional medicinal uses. But can this everyday spice actually help manage cholesterol levels?

MORE THAN JUST FLAVOUR: A POTENTIAL HEART-HELPER

Cinnamon, a widely used kitchen staple, may do more than enhance the taste of your favourite dishes — it could also help lower cholesterol and reduce the risk of heart disease. That's right: this familiar spice is increasingly

being recognised for its potential cardiovascular benefits. While cinnamon has a long-standing role in traditional medicine, modern research is beginning to validate its health-promoting properties.

HOW CINNAMON MAY BENEFIT CHOLESTEROL

Lowens 'bad' cholesterol (LDL)

Cinnamon appears to support the liver in clearing LDL cholesterol from the bloodstream. LDL, often referred to as 'bad' cholesterol, can build up in the arteries, increasing the risk of blockages and heart disease. Cinnamon may help activate specific receptors in the liver that aid in reducing these harmful levels.

improving glucose control, cinnamon may indirectly support better lipid levels as well.



May boost 'good' cholesterol (HDL)

HDL cholesterol works like a clean-up crew, removing excess cholesterol from the blood.

Some studies suggest that cinnamon may slightly raise HDL levels, contributing to a healthier overall cholesterol profile.

Rich in antioxidants

Another notable benefit of cinnamon is its high antioxidant content. These compounds combat oxidative stress — a damaging process that can harm blood vessels and encourage plaque build-up. Cinnamon's antioxidants help protect the inner lining of the arteries, keeping them healthier and more resilient.

Aids blood sugar control

Cinnamon is also believed to enhance insulin sensitivity, helping the body regulate blood sugar more effectively. High blood sugar levels often coincide with elevated cholesterol and triglycerides. By

Fights inflammation

Chronic inflammation can make it easier for cholesterol to stick to artery walls, increasing the risk of heart disease. Cinnamon's anti-inflammatory properties help reduce this risk by calming the body's inflammatory response, which is vital for cardiovascular health.

Cinnamon as part of a heart-healthy lifestyle

Adding cinnamon to your daily diet might provide more than just a comforting flavour — it could also offer a range of benefits for heart health. However, experts stress that cinnamon should be seen as a complementary aid, not a replacement for medical treatment or a balanced lifestyle. Cinnamon may be a valuable natural addition, but it's not a cure-all. Always

consult your healthcare provider before making major dietary changes, particularly if you're managing a health condition.

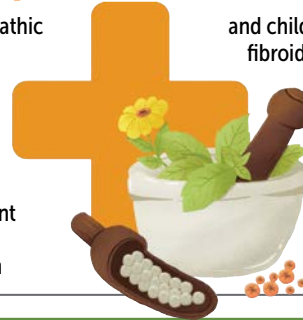
Cinnamon is more than just a spice rack staple; it could be a natural ally in maintaining healthy cholesterol levels. When used wisely as part of a nutritious diet and active lifestyle, this humble spice may offer subtle yet meaningful cardiovascular support.



Free homeopathic medical consultation

Synergy Homeopathic Clinic is organising a free homeopathic medical consultation. Effective treatment will be provided for infertility, skin

and children's health problems, fibroid, PCOD, kidney stones, diabetes, thyroid disease and arthritis. On prior appointment only. Venue: Synergy Homeopathic Clinic, Dicarpli, Margao Date: May 27 Time: 6 pm to 8 pm



Dr Zoya João attends World Congress of Homeopathy 2025 in Netherlands

The 78th World Congress of Homeopathy (LMHI) 2025 was held in Utrecht, The Netherlands at the Beatrix Complex, Utrecht. Dr Zoya João, HOD Pathology, SKHMC, Goa, a holistic wellness expert presented three scientific papers at the recently concluded Congress. This year's theme was 'Power of Homeopathy in a Modern Society' commemorating the 100th year celebration of the International Congress of Homeopathy in Rotterdam, The Netherlands, in the establishment of the Liga Medicorum Homeopathica Internationalis (LMHI) since 1925.

This historical milestone reminded of the enduring legacy and global impact of the commitment to Homeopathy. The Congress organised by the Joy of Homeopathy Foundation had the participation of 2000 doctors from 76 countries and was a significant step towards fostering global collaboration in Homeopathy and had interesting discussions on advancing research and promoting holistic health across borders.



Silver jubilee mark a memorable day for Pilar Sisters

PIC: ALFRED FERNANDES

The Missionary Sisters of Our Lady of Pilar, popularly known as the Pilar Sisters, marked a significant milestone with a solemn celebration at Saviour of the World Church, Loutolim. During a Eucharistic celebration presided over by Bishop Simão Fernandes, Auxiliary Bishop of Goa and Daman, two sisters made their definitive commitment, while three others commemorated 25 years of religious life. Pilar Sisters also celebrated their 'Society Day' on the same day.

Fr Simon Fernandes, parish priest of Saviour of the World Church, Lotoulim, Fr Nazareth Fernandes, Superior General of the Society of Pilar, Fr Joaquim Fernandes, Episcopal Vicar for Religious, Fr Joaquim Rebelo, Provincial Superior of Goa Province of Society of Pilar, Fr Sanjay Fernandes, parish priest of Our Lady of Rosary Church, Shelti (Nagar Haveli) and several other priests concelebrated the Eucharistic celebration.

Sr Mital Sambar (Shelti-Nagar Haveli) and Sr Corina Pereira (Lotoulim) made their definitive commitment at the hands of Sr Luiza Fernandes, the Mother General of the congregation, formally sealing their lifelong commitment to the religious vocation.



The occasion also witnessed the Silver Jubilee celebrations of Sr Hazel Fernandes (Sanvordem), Sr Conceição Gomes (Arossim-Cansaulim), and Sr Sandia Azavedo (Arossim-Cansaulim), honouring their 25 years of dedicated service within the congregation.

In his homily, Bishop Simão Fernandes on the theme 'Transmitters of God's love to others,' called on the faithful to embrace the simple and humble lifestyle exemplified by Pope Francis, urging them to proclaim the Gospel through lives of authentic witness. Bishop Simão congratulated the Sisters and appreciated the service of the Pilar Sisters in the Archdiocese of Goa and Daman.

Fr Diogo D'Souza, director of Fr

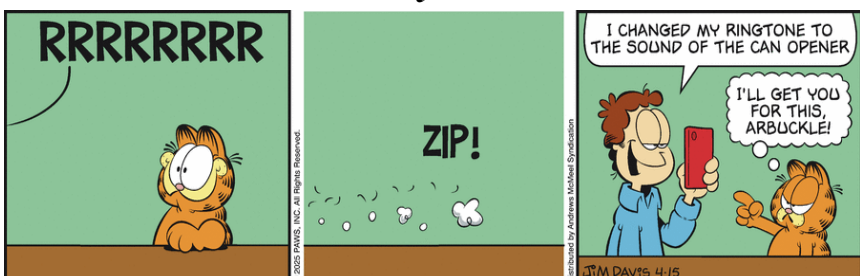
Agnel Seminary, Batim, served as the liturgical commentator, while Seminarian Ryan Mascarenhas and Sr Alzira Gomes animated the liturgy. The celebration was further enriched by liturgical singing led by Youth Saviourites choir. Fr Simon welcomed Bishop Simão Fernandes, on the occasion of his first official visit to the parish of Loutolim following his Episcopal Ordination. Expressing gratitude on behalf of the sisters, Sr Corina Pereira thanked all those who supported and journeyed with them. Sr Luiza Fernandes, in her address, conveyed her heartfelt appreciation and encouragement and appealed the parents to encourage their children to say 'Yes' to God's call.

Herald Gaming Console

Dilbert



Garfield



Wizard of id



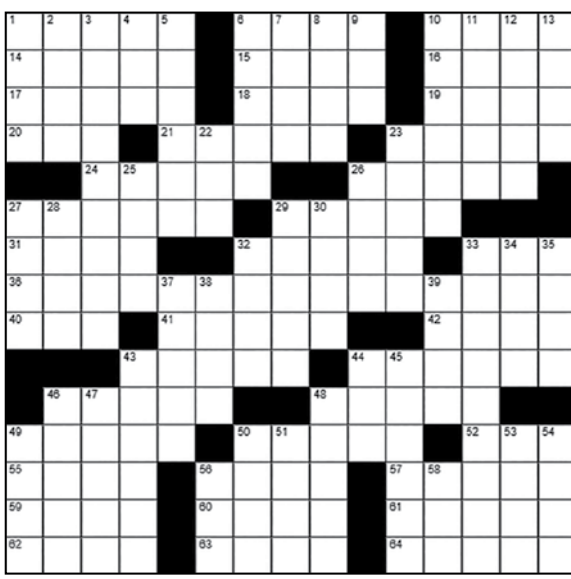
crossword 4853

ACROSS

1- Speed demon; 6- Old Pontiacs; 10- Fly high; 14- Designer Simpson; 15- Geek; 16- Think; 17- Ignited again; 18- Wallet fillers; 19- Will-wisp; 20- Legal ending; 21- We please; 23- Alpine song; 24- Strike; 26- Back at the track; 27- Be present; 29- Synagogue scroll; 31- The Stooges, e.g.; 32- Spud; 33- Call on; 36- In spite of; 40- Suffix with Capri; 41- Cool; 42- Work like; 43- Actor Davis; 44- Evaluate; 46- Principle; 48- Course with pluses and minuses; 49- Hilton competitor; 50- Clip wool; 52- TV listings abbr.; 55- Prefix with meter; 56- Environmental sci.; 57- Slippery as; 59- Swarm; 60- Rational; 61- Country in the Himalayas; 62- Sea eagle; 63- It transforms carbon dioxide into oxygen; 64- Student tables;

DOWN

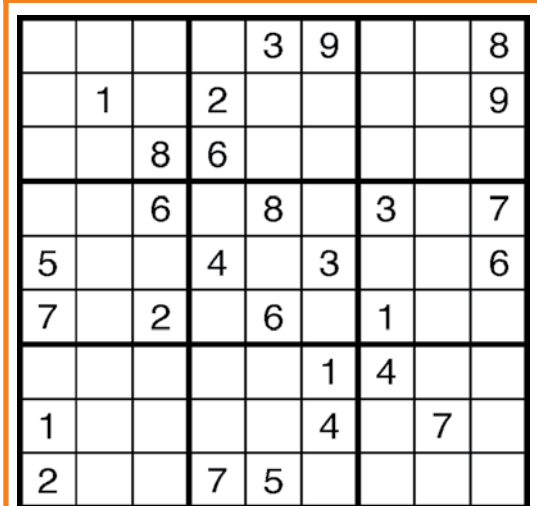
1- Infrequent; 2- Fruity drinks; 3- Strontium sulfate; 4- Yalie; 5- Keep; 6- Garden figure; 7- Camp sight; 8- Black-and-white treat; 9- Radical 60s org.; 10- Not rough; 11- Perform better than; 12- White as a ghost; 13- Stagger; 22- an honor; 23- Pine; 25- Cat sound; 26- La Tar Pits; 27- extra cost; 28- Horse's gait; 29-



solution 4852

Sensation provided by buds on the tongue; 30- Director Preminger; 32- Asian cuisine; 33- Dodges; 34- Slaughter of baseball; 35- Breakfast staple; 37- Map within a map; 38- Dry run; 39- Pinch; 43- Punctual; 44- Highest bond rating; 45- Maroon; 46- President before Polk; 47- Devoured; 48- Donnybrook; 49- Loathe; 50- Surgery reminder; 51- Fine-tune; 53- Bill; 54- well.; 56- Phila. clock setting; 58- Born as;

sudoku 4853



Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4852

8	7	9	4	1	6	5	3	2
5	6	4	8	2	3	1	7	9
3	2	1	5	9	7	4	6	8
6	5	3	7	8	2	9	1	4
1	4	2	3	6	9	7	8	5
7	9	8	1	4	5	3	2	6
4	8	5	2	3	1	6	9	7
2	1	6	9	7	4	8	5	3
9	3	7	6	5	8	2	4	1