



Your Kitchen is a First Aid Kit

Sampoorna Biswas



Disclaimer



When it's serious, call 911

Small cuts, bleeding





- ★ Glucose chains
- ★ Concentrated mixture
- ★ Hydrogen peroxide
- ★ Hygroscopic

- ★ Not for heavy bleeding
- ★ Safe for diabetics
- ★ Apply pressure



Wounds, cuts, infections





“...Antioxidant, anti-inflammatory, anti-carcinogenic, antimutagenic, anti-thrombotic, hepatoprotective, and antimicrobial, antiviral and anti-parasitic actions.” [1, 2]

[1] Goel, S., *Bioprotective properties of Turmeric: An investigation of the antioxidant and antimicrobial activities,*

[2] Sandur, S. K., et al., *Curcumin, demethoxycurcumin, bisdemethoxycurcumin, tetrahydrocurcumin and turmerones differentially regulate anti-inflammatory and anti-proliferative responses through a ROS-independent mechanism*

- ★ Curcumin
- ★ Anti-fungal compound? [3]
- ★ Treats sores
- ★ Also: liver, stomach, IBS
- ★ Ayurvedic & Chinese traditional medicine

[3] Ragasa, C.Y., Laguardia, M., Rideout, J., *Antimicrobial sesquiterpenoids and diarylheptanoid from Curcuma domestica*

Potentially enhances effect of
chemotherapy ^[4]

[4] Epelbaum, R., Schaffer M., Vigel, B., Badmaev, V., Bar-Sela, G., *Curcumin and Gemcitabine in Patients With Advanced Pancreatic Cancer*

- ★ Overdose: Indigestion, diarrhea
- ★ Insufficient clinical trials ^[5]

[5] <https://nccih.nih.gov/health/turmeric/ataglance.htm>

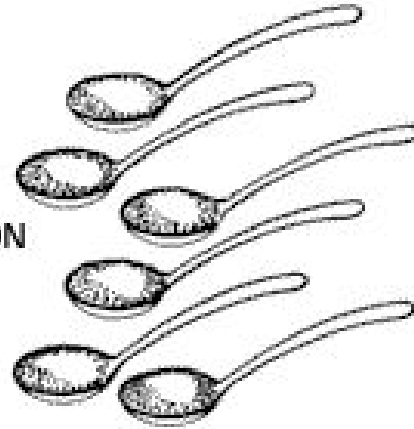


Dehydration

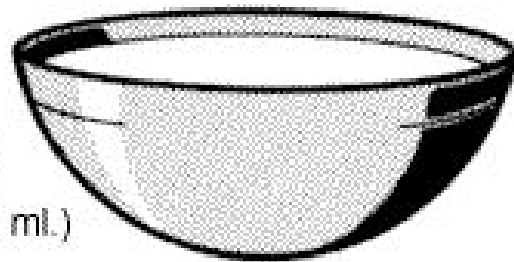


**6 LEVEL TEASPOONS
of SUGAR**

**HALF LEVEL TEASPOON
of SALT**



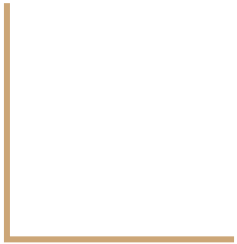
**1 LITRE
OF WATER**
5 cupfuls
(each cup
about 200 ml.)



- ★ Replenish sodium levels
- ★ Glucose for energy

- ★ Not for severe dehydration
- ★ Effective if carefully administered [6]
- ★ Water, not milk, soup etc.

Colds, Flu





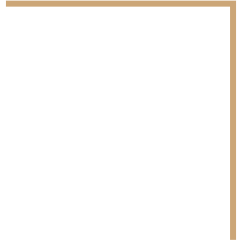
- ★ Anti-inflammatory effect
- ★ Inhibits neutrophil migration [7]
- ★ Inconclusive evidence

[7] Rennard, B., Ertl, R.F., Gossman, G. L., Robbins, R.A., Rennard, S.I., *Chicken Soup Inhibits Neutrophil Chemotaxis In Vitro*

Beyond the Kitchen



Burns





“...Aloe vera gel treated lesion
healed faster than the vaseline
gauze area.” [8]

★ Moisturizing effect

★ Heals wounds, burns

★ Anti-inflammatory

- ★ Stimulates fibroblast activity
- ★ Mannose 6-phosphate
- ★ Acemannan
- ★ Inhibits Thromboxane A₂

- ★ Use fresh gel
- ★ People can be allergic

Thanks!