

Ankle (Knee) Pains Controlled By Medical Herbs

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Abstract- In India, many Medical herbs are available at mountain area, river side etc. Ipomoeabilobo is the creep available by the side of sea shore or river side. Aloe indica available on the land.

Half kg of Ipomoea biloba leaves are collected and made solution by grinding it. Also half kg of Aloe indica leaves are very thick in size and cut into different pieces and grind it to collect the solution by simple filtering.

The two leaf solutions are mixed in a vessel of mud pot only and add half kg of sun flower oil and add turmeic of 10 grams. The mixture is boiled slowly at least 2 hours and cool down. Then it is applied to Ankle smoothly in night time before sleep without rubbing. At the early morning you feel comfort.

I. INTRODUCTION

In the human body, Ankle pains are common for all especially in olden days. Many pain controlled medicines are available in the market but in vain, Temporarily work. There are so many medical herbs in India, the investigations are less. Scientists must divert investigations towards medical herbs.

II. EXPERIMENTAL

Collect Ipomoea biloba leaves at least half kg and grind it to make a solution by filtering in a vessel. Aloe indica

leaves are very thick in size and collect half kg by cutting into different pieces and grind to collect the solution by filtering.

The two solutions are mixed in a vessel of mud pot only and add 10 grams of turmeic to it. Then slowly heat for 2 hours the entire mixture and cool down. It has given a name I-K solution.

III. RESULTS AND DISCUSSIONS

The I-K solution is applied on and around to Ankle or in night time without rubbing. The main pains are removed. At the early morning you feel comfort. It is examined to different persons for experimental sakes. The results are collected favourably. It is no harm to Ankle or other parts of the body with this solution.

The other investigation are still continuing we found good results on it.

REFERENCES

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