



## Spices for Animal Wellness- 6

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# Nutmeg in Home Remedies

Nutmeg is one of the main ingredients in the preparation of some home remedies for animals. It is used by barefoot doctors for fever, diarrhoea, body pain, hip dislocation, fracture and general debility.

Scientifically proven medicinal properties of nutmeg are; it is anodyne, antiseptic and used in flatulence. Its seed extract reduces cholesterol in blood and prevent platelet aggregation.

## 1. Fever

When the animal suffers from fever, a home remedy can be prepared for administration. One nutmeg, ten

teaspoons each of coriander and jaggery, two teaspoons each of sweet flag (*Acorus calamus*), black pepper, cloves and camphor along with 25 betel leaves all ground together and mixed with half a cup of goat milk. This mixture can be drenched in throat once a day for three days. Care must be taken to try this remedy for fever of non-specific origin. Fever caused by specific diseases need specific medicines.

Alternatively, five nutmegs, two teaspoons each of cloves, nut mace and garlic are ground together. A hot iron rod is immersed in a cup of water. This water is mixed and ground well with the above mixture and

segment and hence this part of stakeholders are not aware of the requirements of quality. Visited a tamarind family in a village by the way side. Living in a



Tamarind farmer

dilapidated form of structure, the family during this time of the year sit from the morning till evening beating tamarind fruits to make a living. This is the order of the day in every family around. Under the scorching sun, with no electricity to run a fan or a cooler for that matter, they are into the processing of this fruit.

Mr. Nabi Raul of Apilapelli of Kundurpi mandal owns five trees besides harvesting 100 leased trees for tamarind. His aged father, mother and relatives are sitting around doing busy beating of the tamarind fruits. Laborious work and does a day long job for a paltry return.

Most of the tamarind farmers own two to ten trees. Some may own even up to 50 and there is a return from these trees. They need a hand to come up clean in processing and marketing.

drenched once a day for two days.

## 2. Dysentery

Dysentery generally occurs due to indigestion, infection and inflammation of intestines. It becomes more severe and life threatening in young animals. Normally dysentery is associated with bad smell. Affected animal may suffer from fever also. As a homemade first hand remedy for adult animals, one nutmeg is ground into powder form and two teaspoons of it is mixed in buttermilk and drenched once a day for a couple of days.

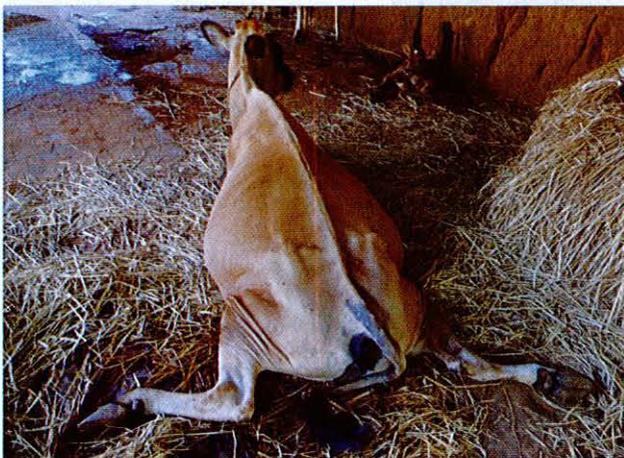
## 3. Body and joint pain

Folk lore healers term this condition as *vata*, where the animal suffers from pain all over the body and joints. Animal is reluctant to move and gets up with difficulty. Feeding might be normal. As an external application, two nutmegs, 25 black pepper and two handful leaves of horseshoe vitex (*Vitex negundo*) are ground together. It is boiled well in sufficient quantity of coconut oil to make *taila*. This oil mixture can be stored and applied on to the paining areas including joints till recovery.

## 4. Hip Dislocation

There are occasions where the hip joint of the dairy animal gets dislocated. This might be due to injury or due to a slippery floor. Generally it is a grave condition where the animal cannot get up and assumes 'frog sitting' posture. Not all the efforts of modern veterinary care are successful in replacing the bones of the slipped joint.

There are some ethno veterinary practitioners who



*Hip located cow*



can manage this condition by some method of pulling and repelling. They, after replacing the joint and careful immobilization, smear a thick paste made by grinding about one third of a nutmeg, 10 each of black pepper and cloves along with a handful of wild mango tree bark. It is further mixed in white clay (a type of gummy creamy white clay naturally available in some paddy fields) and applied.

## 5. Fracture

Whenever an animal suffers from fracture, it needs to be immobilized properly after keeping the broken ends of the bones in close proximity. Some folklore healers are quite good at this job using locally available tree barks and soft stem tied around the fractured area.

Before immobilization, they prepare a concoction made of one nutmeg, one handful of wild mango tree bark, one teaspoon each of long pepper, bird's eye chilly, cloves, and two teaspoons each of ghee, jaggery, egg white and two handfuls of coconut shavings. All are ground well and pressed hard to extrude the liquid out. This liquid is drenched and the remaining mixture is smeared around the joint and immobilized.

## 6. Debility After Ploughing

It is a general practice to feed the bullocks which are tired after prolonged periods of ploughing with some nutritious mixture. One of such practices includes grinding one nutmeg and ten cloves finely. A palm sized barks of peepal, wild mango and flowering murdah (*Terminalia paniculata*) trees are made in to a paste by grinding after immersing them in water for a day. This mixture is added with half kilograms of warm jaggery and nutmeg and cloves powder. It is drenched once a day for three days.