Kalmegh,
the Effective Remedy for Dengue

A simple herbal remedy for the dreaded mosquito bite.

Kalmegh is a small plant with wonderful medicinal uses and has been in use for a long time as a home remedy. Called *kirayat* in Hindi and *Nilavembu* or *Siriyanangai* in Tamil, it is known as the king of bitters in English. It is as bitter as the neem plant.

The best way to identify this amazing herb is through its unique flowers and fruit

capsules. The plant produces plenty of small flowers that are white in colour with specks of purple.

Nilavembu drink is famous in Tamil Nadu to treat all kinds of fevers, diabetes, blood purification, skin diseases and allergies. The plant wards off snakes and mosquitoes.

In fact, the herb prevents formation of cancer cells. Kalmegh decoction is a liver tonic, and is used as a powerful medication to treat alcohol induced problems in the liver. Boil 15 to 20 fresh or dry Kalmegh leaves in a cup of water till it is reduced by half, and then consume along with palm candy or honey to offset the bitterness.

Fresh Kalmegh leaves are ground in a mortar and pestle, adding very little water, to get a smooth, thick paste.

Take a pea-sized amount of paste and swallow it along with water in an empty stomach for three days continuously. This is a very good remedy for allergies and the benefit is immediate. Kalmegh powder is sold in packaged form in shops.

A combination of papaya and Kalmegh is also used to treat dengue fever.

Take one part of a single papaya leaf, about 10-12 Kalmegh leaves, five peppercorns and one tea spoon of palm candy powder, pound it in a mortar and pestle and boil till it is reduced to half a cup.

Drink it for three days in empty stomach (half the quantity for children). Both Kalmegh and papaya leaves are very effective in treating dengue fever.

Remember to always drink the juice immediately after making it, as it is advisable not to store it.

Nilavembu / Kalmegh is best avoided by pregnant women. 🪔

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