



Mustard seed

Although there exists around forty different types of mustard plants, the mustard seeds are primarily derived from three main types of mustard plants. These three plants are black mustard plant, also known as Brassica Nigra; brown Indian mustard, also known as Brassica juncea; and white or yellow mustard also called Brassica Hirta/Sinapis Alba.



Medicinal Value:

- Mustard seeds are rich in a nutrient called selenium, known for its high anti-inflammatory effects. The high source of magnesium in mustard seeds helps reduce the severity of asthma attacks and certain symptoms of rheumatoid arthritis and lowering blood pressure.
- Mustard seeds are very rich in calcium, manganese, omega 3 fatty acids, iron, zinc, protein and dietary fiber — include them in your diet.
- Mustard seeds are excellent for digestion because they increase the metabolism rate of your body. Mustard oil is known to be great for the skin because it generates warmth.

Homemade remedies:

- If eat have accidentally consumed poison, then take some mustard seed, grind it. Mix with water. Then drink it, all the poison will be vomited by us.
- If we have a paralysis pain, apply the mustard seed paste on your painful area. It helps reduce pain.
- Take 2 drops of mustard seed oil and sandalwood oil. Mix it. Apply on pimples to reduce it.
- If you are having headache, take ¼ teaspoon of mustard seed, small piece of dried ginger, 5 grams of frankincense. Crush and powder it. Then add some castor oil. Mix it and apply on your forehead to provide relief to the ache.
- Apply some mustard oil on your cracked heel. After that, wash with hot water. If you do this regularly, your cracked heel will be reduced.
- Take 5grams of mustard seed, 1 gall nut, 5 grams of black cumin and some long pepper. Crush and powder it. Then Morning and night after take your food, eat half spoon of this. After that drink half glass of hot water. If you eat regularly, it will reduce your gas trouble problem.
- If you are having back pain, take one ounce of mustard oil and sesame oil. Add one small lesser galangal pieces powder. Then heat it. And also add some camphor powder. Mix it. Then apply it and take bath with hot water. Your back pain will be reduced.
- Take 5 drops of mustard oil and crown flower plant leaves juice. Mix it. Then apply on scorpion sting place, to reduce pain.
- Mustard seed powder and turmeric powder mix with lemon juice. Then apply on your skin, it will help reduce your skin diseases.



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- If you have joint pain swelling, take some mustard seed. Add 1 pieces of asafetida and some bark of the drumstick tree. Grind it. Then apply on your joint pain swelling place, it will cure.

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