Article published on June 1st 2012 | Health

We suffer sadly from various common disease like vision problem, snoring problems, tooth ache, stomach ache etc. Though consuming heavy spices is harmful for our body but when we take the seeds of either cumin or clove, or ajwain, or cardamom as medicine they give a relief and help to restore our vision, remove ache etc. In so far as snoring is concerned it is a type of sound that occurs vibrantly through the respiratory structure while sleeping.

It happens due to obstructed air movement during breathing. It can lead to poor night and daytime fatigue, irritability and increased health problems. Sometimes snoring also creates major relationship problems as your life partner does not have a sound sleep. All the snoring is not the same. Everybody snores for different reasons. Too much throat and nasal tissue or floppy tissue that is more prone to vibrate. Snoring comes when you cannot move air comfortably through your nose and mouth during sleep. The position of your tongue can also come on the way of your breathing.

There are a lot of so called medicines to stop snoring but they are out of market these days. Surgery is also offered to stop snoring. But it is good to adopt natural method first. Including the natural method one is advised to breathe through nose not through mouth. It is possible when we do not sleep on the back. As sleeping on back pushes air to be breathed out through mouth. While breathing through nose helps to open the nasal passages.

Regular practice of exercise eventually helps to control snoring sound. These are the non-evasive choices that focus on controlling the movements of tongue and jaw. These are the parts that involve in snoring.

Avoid taking high calorie food and start consuming healthier food. Also try to avoid heavy meals and adapt for easy to digest food during dinner time.

If you have started snoring after you gain your weight then lessen your weight it will help you to get rid of snoring problem.

As mentioned above the advantages of some natural spicy seed. Hereunder the advantage of ajwain has been given-

â€¢ Ajwain is an herb also known as Bishops Weed it is used as spice as well as major ingredient of different kinds of medicines. It is used as the home remedies and gives quick relief if you ultimately catch cold. For instance, put ajwain seed in a cloth and smell this frequently it will give tremendous symptomatic relief from your cold.

â€¢ We often suffer from cough ajwain helps in curing cough also. It is very effective in this concern. Drink hot water after chewing ajwain it will soothe your cough.

â€¢ The smoke of burning ajwain is helpful for your tooth ache. Take water and mix ajwain and pinch of salt in it and do gargle it will help in treating your tooth ache.

â€¢ Putting one or two drop of ajwain oil in to your ear comforts your ear pain.

â€¢ Take one table spoonful of ajwain it will help to stimulate your heart and heart attack.

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Article Keywords:
stop snoring naturally, how to stop snoring naturally, advantages of ajwain

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