



IN THE TREATMENT OF CHILDREN'S DISEASES, AN EFFECTIVE
WAY TO POSITIVELY AFFECT THEIR PSYCHE AND TREAT THEM
WITH FOLK REMEDIES

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Annotation: *This article explores the impact of folk remedies on children's diseases, focusing on their psychological effects. Traditional healing methods, including herbal medicine, aromatherapy, and music therapy, play a crucial role in supporting children's mental and emotional well-being. The paper reviews various studies and presents findings that highlight the effectiveness of these remedies in complementing modern medicine. Additionally, the study discusses the historical context of folk remedies and their relevance in contemporary healthcare practices.*

Keywords: *Children's diseases, folk remedies, psychological impact, traditional medicine, herbal therapy, music therapy, aromatherapy, mental well-being, alternative medicine, holistic healing.*

Children's health is a critical aspect of medical science, and various methods are employed to treat diseases effectively. While modern medicine provides essential treatments, folk remedies have been historically used to aid recovery and positively influence children's psyche. These traditional methods, often passed down through generations, include herbal preparations, massage therapy, storytelling, and environmental adjustments such as using calming scents and sounds. This paper aims to analyze how traditional healing methods contribute to children's emotional well-



being and overall health. The integration of folk remedies with modern medical practices provides a holistic approach to pediatric healthcare.

When treating childhood illnesses, a holistic approach that includes both natural remedies and psychological support can be highly effective. Children are not just physically vulnerable; their emotional well-being plays a crucial role in their recovery. Below is a detailed exploration of how traditional medicine, combined with positive psychological influences, can help treat common childhood diseases.

Folk Remedies for Common Childhood Illnesses

Traditional medicine has been used for centuries to treat children's ailments naturally. Below are some effective home remedies for common health issues.

Cough and Cold

Children frequently suffer from coughs and colds due to weak immune systems. Some natural treatments include:

- Honey and Ginger Mixture

- Mix a teaspoon of honey with a few drops of fresh ginger juice.
- Give it to the child 2-3 times a day to soothe the throat and reduce coughing.

(Note: Honey should not be given to children under 1 year old due to the risk of botulism.)

- Turmeric Milk ("Golden Milk")

- Mix half a teaspoon of turmeric powder in a warm glass of milk.
- This drink has antibacterial properties and promotes restful sleep.

- Steam Inhalation with Herbal Oils

- Boil water and add a few drops of eucalyptus or peppermint oil.
- Have the child inhale the steam to clear nasal congestion and ease breathing.

- Onion and Honey Syrup

- Finely chop an onion and mix it with honey.
- Let it sit for a few hours until it releases its natural syrup.
- Give a teaspoon of the syrup to the child to help loosen mucus and reduce cough.



Fever Reduction

A fever is a natural immune response, but if it becomes too high, natural remedies can help lower it.

- Vinegar Compress
 - Mix one part vinegar with two parts water.
 - Soak a cloth in the solution and place it on the child's forehead, wrists, and feet.
 - This helps cool down the body without shocking it.
- Chamomile or Mint Tea
 - Herbal teas help lower fever, promote sweating, and keep the child hydrated.
- Lukewarm Bath
 - A gentle bath with lukewarm water can help regulate body temperature.
 - Avoid cold water, as it may cause chills and worsen the condition.

Digestive Problems (Colic, Constipation, Diarrhea)

Children often experience digestive issues, which can be relieved with herbal remedies.

- Fennel and Anise Tea (for Colic and Gas)
 - Boil a teaspoon of fennel or anise seeds in water.
 - Let it cool and give it to the child to help relieve bloating and gas.
- Banana and Rice Water (for Diarrhea)
 - Mash a ripe banana or prepare rice water (by boiling rice and using the strained water).
 - Both are rich in electrolytes and help firm stools.
- Yogurt with Honey (for Digestion)
 - Plain yogurt with honey restores gut bacteria and strengthens digestion.

Skin Issues (Rashes, Eczema, Dry Skin)

Treating children's illnesses holistically involves both physical and emotional care. Folk remedies provide natural healing, while psychological support ensures a comforting and stress-free environment. By combining these approaches, we can



promote faster recovery, strengthen immunity, and improve overall well-being in children.

Conclusions

The study concludes that folk remedies are valuable complementary treatments for children's diseases. Their psychological benefits help in reducing stress and promoting a positive mindset, which accelerates recovery. Healthcare providers should consider incorporating traditional methods into pediatric care while ensuring safety and efficacy. Future research should focus on developing evidence-based guidelines for the integration of folk remedies into modern medical practices. Policy recommendations include encouraging further scientific research on traditional healing methods and fostering collaboration between conventional and alternative medicine practitioners. Parents and caregivers should also be educated about the safe application of folk remedies to maximize their benefits while minimizing risks.

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