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Short and Long Question Answers: Spices that Heal Us

Short Answer Type Questions

Q1: What are the benefits of turmeric as explained by Daadi?

Ans: Turmeric, also called haldi, is known for its health benefits. According to Daadi, it helps improve energy levels and aids in digestion. It also has pain-relieving properties. Daadi mentions that turmeric is commonly used to reduce body pain and inflammation. It is a well-known spice used in traditional remedies, often in the form of a paste or consumed in food. The antiseptic qualities of turmeric also make it helpful in treating wounds.



Q2: How does fenugreek help in controlling sugar levels and body weight?

Ans: Fenugreek, or methi, is known for its beneficial effects on controlling blood sugar levels and maintaining a healthy weight. Daadi explains that she soaks methi seeds overnight and drinks the water in the morning to keep her sugar levels in check. Fenugreek is rich in fiber and antioxidants,

which help regulate blood sugar and improve digestion. It also has the ability to control appetite and support weight management. This simple, natural remedy is easy to follow and has proven to be effective for many people in maintaining a healthy body.



Q3: What is the role of cumin seeds in improving digestion and treating sleeplessness?

Ans: Cumin seeds, known as jeera, are commonly used to improve digestion and treat sleeplessness. Daadi mentions that soaking cumin seeds in water overnight can help with digestion and also relieve sleeplessness. Additionally, cumin has calming properties that can help relax the body and mind, leading to better sleep. It is a simple and effective remedy that can be easily included in daily life.



Q4: What natural remedies does Daadi use for toothache and cough?

Ans: For toothaches, Daadi uses cinnamon and clove. Both spices have analgesic and anti-inflammatory properties that provide relief from dental pain. She suggests using these spices as a temporary solution until one can see a dentist. For cough, Daadi recommends ginger, which has anti-inflammatory properties that help soothe the throat and reduce coughing. Ginger is also effective in providing relief from body aches and cold symptoms. These natural remedies have been passed down through generations, showcasing their enduring effectiveness.

Q5: What does Daadi's relationship with her grandchildren show about traditional knowledge?

Ans: Daadi's relationship with her grandchildren reflects the passing down of traditional knowledge and wisdom through generations. She shares natural remedies and teaches them the healing properties of spices, which she learned from her own experiences. This shows the importance of family bonds in transmitting cultural and health-related knowledge. It also highlights the role of elders in guiding younger generations to live healthier lives using natural, time-tested remedies. Daadi's care and concern for her grandchildren reflect the deep connection between family, tradition, and well-being.

Q6: What is the importance of knowing about the healing properties of spices?

Ans: Knowing about the healing properties of spices is important because it allows us to use natural ingredients to manage health problems effectively. Many spices have been used for centuries as remedies for common illnesses like cough, cold, digestive issues, and body pain. By understanding the benefits of these spices, we can incorporate them into our daily lives, reducing reliance on synthetic medicines. Furthermore, spices offer safe and natural alternatives for maintaining health, improving immunity, and promoting overall well-being.

Long Answer Type Questions

Q1: How does Daadi's knowledge about spices reflect the connection between nature and health?

Ans: Daadi's knowledge of spices shows the strong connection between **nature and health**. She uses spices like turmeric, fenugreek, ginger, and cumin seeds to treat common ailments. For

example, turmeric helps with **body pain and digestion**, while fenugreek controls **blood sugar** and aids in weight management. Ginger treats **coughs and cold**, and cumin seeds **improve digestion** and help with sleeplessness.

This connection reflects how ancient cultures have relied on nature for well-being. Daadi learned these remedies from her grandmother and now passes them on to her grandchildren, demonstrating the importance of generational knowledge.

By using these spices, Daadi highlights that health isn't just about **pharmaceutical medicines** but also about using nature's power for wellness. These natural, accessible remedies have been trusted for generations, reinforcing that nature provides everything we need for health if we use it wisely.

Q2: What are the health benefits of the spices mentioned in the letter, and how do they contribute to overall wellness?

Ans: The spices mentioned in the letter, such as turmeric, fenugreek, cumin seeds, ginger, cinnamon, and cloves, offer various health benefits. Turmeric helps reduce body pain and improve digestion due to its anti-inflammatory properties. Fenugreek controls blood sugar levels and helps manage weight. Cumin aids digestion and alleviates sleeplessness, while ginger treats coughs and colds and relieves pain. Cinnamon and cloves relieve toothaches and fight infections with their antiseptic properties.

These spices not only enhance flavor but also contribute to overall health by **improving digestion, reducing inflammation**, and boosting respiratory health. By incorporating these natural remedies into daily life, people can support their well-being without relying solely on medications. Together, these spices offer a holistic approach to health and wellness.



Q3: Why do you think Daadi encourages Vikram and Vaibhavi to share the natural remedies with their friends?

Ans: Daadi encourages Vikram and Vaibhavi to share natural remedies with their friends to spread the benefits of using spices as cures. She believes these remedies are **simple, cost-effective**, and effective for treating common health issues, especially when modern medicines are hard to access.

By sharing this knowledge, they help others benefit from these healing properties and promote a healthier lifestyle. Daadi's advice fosters a sense of community and mutual care, where people support each other's well-being. Her **wisdom** highlights the **importance of passing down valuable knowledge**, ensuring future generations can benefit from nature's healing power. Sharing these remedies creates a network of care and support for all.