

Neem

A village pharmacy

I consider the use of the Neem tree as very important and believe it could have a huge impact as we try to halt the spread of the worldwide desertification

Neem bark and neem leaf may also make conception less likely when you take them internally. They stimulate the immune system, and the increased immune system activity is thought to be responsible for the contraceptive and even abortive effect of neem oil.



Important! Do not use herbs for medicinal purposes without consulting your medical doctor. Herbs have medicinal qualities and can react with other medication

Index:

[Side Effects of Neem Spray In the Vegetable Garden](#)

- [How Safe Is Eating Neem Leaf](#)

[Neem Oil for human medicinal Uses](#)

- [Ophthalmic care](#)
- [Ear infection and sinusitis](#)
- [Headache](#)
- [Alopecia and hair care](#)
- [Rheumatic pain](#)
- [Leprosy](#)
- [Smallpox, chicken pox, and measles](#)
- [Leucoderma](#)
- [Piles and fistula](#)
- [Sexually transmitted infections](#)
- [Fertility regulating Agent](#)
- [Antibacterial property](#)
- [Antiviral property](#)
- [Skin insects, scab mites, and dust mites](#)

[Neem Leaves for human medicinal Uses](#)

- [Dermatological disorders](#)
- [Inflammatory conditions](#)
- [Infected wounds and glands](#)
- [Abscesses and ulcers](#)
- [Snake bite and scorpion sting](#)
- [Gout](#)
- [Malaria and filaria](#)
- [Smallpox, chicken pox, and measles](#)
- [Infestinal worms](#)
- [Piles and fistula](#)
- [Digestive disorders](#)
- [Burning sensation](#)
- [Hepatitis](#)
- [Spelleenomegaly](#)
- [Respiratory disorders](#)

[Neem alone or in combination with other ingredients is used in treating the following diseases.](#)

- [Urinary disorders](#)
- [Gynecological disorders](#)
- [Diabetes](#)
- [Hypertension](#)
- [Cancer](#)
- [Allergies](#)
- [Vaginal disorders](#)
- [For easy delivery](#)
- [HIV/AIDS](#)

[Neem medicinal Uses](#)

- [Tuberculosis](#)
- [Dental Hygiene](#)
- [Antifungal property](#)
- [Fertility regulation](#)
- [Chaga's disease](#)
- [Pain relief and fever reduction](#)

How to make

- [1. Paste from fresh neem leaves](#)
- [2. Paste from dried neem leaves](#)
- [3. Paste from the skin of the neem tree.](#)
- [4: Making large amounts of a watery neem leaf extract.](#)
- [5: A quick neem bath](#)
- [6: Neem leaf recipe for eye wash or mouth wash](#)
- [7: Neem face wash](#)
- [Harvesting](#)

My favorite site on updated information on the Neem tree and its uses with a forum where you can share what you used it for amazing!

[***Discover.neem.com***](http://Discover.neem.com)

Over 75% of Ayurvedic remedies contain neem, usually in form of leaf (or extract), sometimes the bark/fruit/flowers, and almost never the oil.

The leaf is also the part of the neem plant that western medicine knows the most about. The majority of scientific neem studies was done with neem leaf or neem leaf extracts.

Neem oil is neem **seed** oil, not neem leaf oil as some people wrongly assume. It can be made safe for consumption, and especially the use of neem oil for birth control (as a "male pill") continues to generate a lot of interest. However, it really needs special knowledge and treatment before neem oil can be taken internally.

Not so for the leaf. **Neem leaves are considered safe to take internally on a regular or daily basis** (provided you aren't pregnant or trying to conceive. See neem contraception.) In the thousands of years that people across India have been taking neem there have never been any reports of negative side effects from leaves.

[Side Effects of Neem Spray in the Vegetable Garden](#)

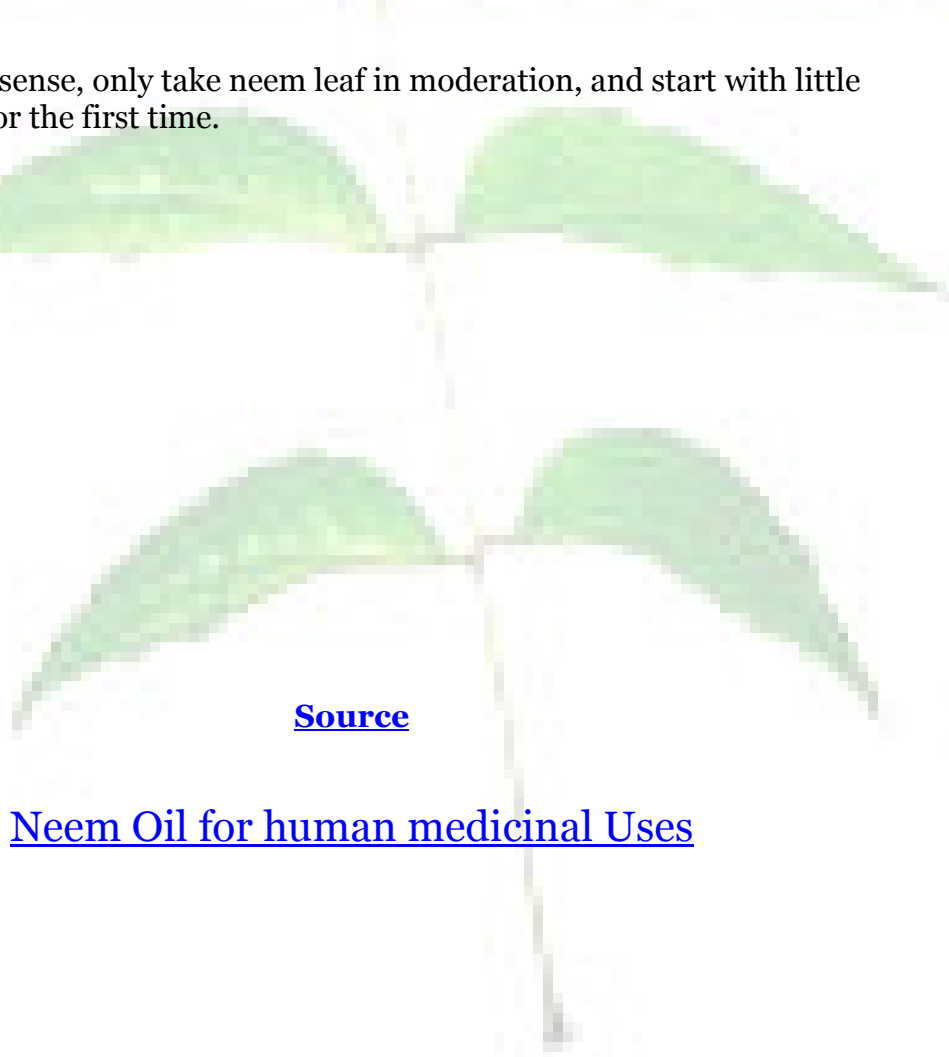
The EPA (US Environmental Protection Agency) says neem is *Generally Recognized As Safe (GRAS)* for use in food products. They even exempted their typical requirement for maximum pesticide residues on agricultural products.

If there are no restrictions regarding maximum allowable residues for farmers, then you also don't have to worry about residues from your neem spray in your vegetable garden. Yes, neem spray is safe. A heck of a lot safer than all the other sprays you ingest with conventionally grown produce!

[How Safe Is Eating Neem Leaf?](#)

There is no data or experiences that indicate any negative side effects from using fresh or dried neem leaves (unless you are pregnant/trying to conceive). But any medicinal herb should be ingested with caution. Also, please do take note of the warnings on that page regarding neem extracts. Neem leaf is not the same as leaf extract.

Apply common sense, only take neem leaf in moderation, and start with little when trying it for the first time.



[Source](#)

[Neem Oil for human medicinal Uses](#)

Neem Oil is a source of medicines for all possible sicknesses and diseases.

Described below are various uses of Neem Oil applied externally or administered internally for treatment of various sickness and diseases.

Ophthalmic care:

Regular washing with cool Neem leaf decoction renders eyes less susceptible to eye diseases and infections.

Application of “anjan” (kohl), made by burning Neem oil and collecting the fumes, is good for improving weak eyesight.

It should be applied every night for a month.

Ear infection and sinusitis:

Application of two drops of Neem oil daily into ears cures otomycosis caused by a fungus.

Likewise, putting a few drops of Neem oil into each nostril frequently cures even cases of chronic sinusitis.

Headache.

Powdered Neem seed or Neem oil rubbed gently on forehead provides quick relief.

Alopecia and hair care:

To prevent the loss of scalp hair and to stimulate hair growth, it is recommended to apply every night Vaseline ointment containing powdered Neem leaves or rood ash.

Also, putting 2 drops of Neem oil into each nostril daily prevents falling and graying of hair.

Rheumatic pain:

Application of fresh Neem leaf paste mixed with lemon to the inflamed joint, followed by massage with Neem oil brings immediate relief from rheumatic pain.

Leprosy:

Ten drops of Neem oil mixed with 1 teaspoonful of sugar taken twice a day acts as a supportive treatment for [leprosy](#).

Smallpox, chicken pox, and measles:

It has been an age-old practice in India to hang Neem branches near the front door of the house to prevent the spread of infectious diseases, such as smallpox, chickenpox, or measles.

If someone in the house already infected, then he or she is made to sleep on bed of Neem leaves.

Also, Neem leaves are burned, the smoke from which is said to disinfect the house and prevent the spread of the infection.

Application of Neem oil on affected body parts or application of Neem leaf paste is recommended and water boiled with Neem leaves should be used for bathing.

Leucoderma (Vitiglio) :

Ten drops of Neem oil mixed with 1 teaspoonful of sugar taken twice a day given regularly helps to a great extent.

Piles and fistula:

Application of ointment made from Neem fruit is good for treatment of piles, while a wick soaked in Neem oil is inserted in the tract to heal the fistula.

Sexually transmitted infections:

Local application of Neem oil or creams made from Neem oil on syphilitic sores is recommended during primary stage of infection.

Fertility regulating Agent

Cotton soaked in Neem oil and kept in vagina 15 minutes before intercourse hampers the movement of sperms and eventually kills them: no side effects are reported.

Antibacterial property:

Neem oil suppressed several species of bacteria, including *Staphylococcus aureus*, which cause food poisoning, pus-forming boils and abscess, and secondly infections is peritonitis, cystitis, and meningitis.

Likewise, Neem oil suppressed the much-dreaded salmonella typhosa, which cause typhoid, food poisoning, blood poisoning, intestinal inflammation, etc.

In rural areas of Kenya, the demands for deoiled [Neem cake](#) for treatment of typhoid and diarrhoeal grew rapidly.

Antiviral property:

Anecdotal information on antiviral activity of Neem has existed in India for quit some time and smallpox, chicken pox, and warts have traditionally been treated using [Neem leaf](#) paste.

Crude Neem leaf extracts absorbed the smallpox and chicken pox viruses, effectively preventing them from entering uninfected cells.

Frequent application of Neem oil, following surgical removal of pailoma below the earlobe of a teenage girl in western Kenya, miraculously prevented the re-growth of the disfiguring tumour, which otherwise would have required repeated surgery.

Similarly, a 12-years – old boy in western Kenya with pailoma on the chest was successfully treated with Neem oil after surgery.

Skin insects, scab mites, and dust mites:

As Neem products are potent insect repellent, anti feedant, and inhibitors of insect growth and development, they have been used since ages against head lice and maggots.

For instance, in India and Bangladesh, it is a common practice to rub Neem oil into hair to control head lice, while in Haiti, crushed leaves are rubbed into open wounds infested with maggots.

In western Kenya, bathing with water boiled with Neem leaves, followed by application of Neem oil on affected body parts, cured severe cases of scabies in children.

Neem Leaves for human medicinal Uses

Dermatological disorders:

Neem is useful in treating psoriasis, herpes, eczema, pruritis, and acne vulgaris,

Cleaning the affected parts with boiled Neem leaf water heals these disorders.

In addition, administering 1g of powdered Neem leaves with water 3 times a day helps to treat herpes faster.

For treating eczema of the face and scalp, a decoction of Neem leaves is applied on the face and scalp and also used for washing and bathing purposes.

In addition, Neem oil (5-10 drops) is taken orally with 3g of powdered Neem leaves.

Acne vulgaris is an inflammatory disease of skin commonly seen at puberty. Application of Neem leaf paste on pimples heals the skin readily.

Neem is said to treat skin diseases because of its depurative, stomachic, antiperiodic, antiseptic, and anti-pruritic properties.

Both external applications and internal use of Neem is doubly effective against most skin disorders.

Face pack made from powdered Neem leaves is good for improving the complexion and getting rid of pimples and blemishes.

Soaps and shampoos made from [Neem oil](#) are good for cleaning the body and hair.

Recently, Neem capsules have been developed, which can cure acne.

Inflammatory conditions:

Steam fomentation of Neem bark or leaves helps in subsiding inflammation and oedema of affected body parts.

Infected wounds and glands:

Infected wounds are washed with an infusion of Neem leaves, followed by application of Neem leaf paste on the wound.

Bleeding stops due to astringent action of Neem.

To infected or enlarged gland, Neem leaf paste is applied twice a day for one month.

Abscesses and ulcers:

It is recommended to wash abscesses and ulcers with an infusion of Neem leaves, followed by application of Neem leaf paste twice a day for one month. Bruised leaves applied with lemon juice also heal ulcers.

Snake bite and scorpion sting:

Application of paste of Neem bark, leaves or seed on affected part brings relief to burning sensation due to Neem's chelating, anti-poisonous, and depurative properties.

A woman, bitten on her right foot by highly poisonous mamba at Mbita, near Lake Victoria, in western Kenya, was saved from sure death by bandaging Neem leaf poultice on the bitten foot and oral administration of water containing crushed Neem leaves at 4-hourly intervals for a day.

Gout:

External application of Neem leaf paste is effective in relieving gout pain.

Malaria and filaria:

Powdered Neem leaves (1-3g) given thrice daily with warm water is effective in treating malaria.

Alternatively, Neem bark powder (10g) is boiled in a cup of water until reduced to 1/4 cup and administered thrice daily.

Daily intake of 1 teaspoonful of powdered Neem leaves along with twice daily intake of 2 spoonful of decoction of Neem leaves, root, and bark is recommended for treatment of filariasis.

Smallpox, chicken pox, and measles:

It has been an age-old practice in India to hang Neem branches near the front door of the house to prevent the spread of infectious diseases, such as smallpox, chickenpox, or measles.

If someone in the house already infected, then he or she is made to sleep on bed of Neem leaves.

Also, Neem leaves are burned, the smoke from which is said to disinfect the house and prevent the spread of the infection.

Application of Neem oil on affected body parts or application of Neem leaf paste is recommended and water boiled with Neem leaves should be used for bathing.

Infestinal worms:

Appetizer, stomachic, antihelminthic, depurative, and antipuritic properties of Neem help in getting rid of intestinal worms, such as hookworms, roundworms, tapeworms, etc.

Intake of powdered Neem leaves (1g) with jaggery for 15-d helps in deworming.

Piles and fistula:

Application of ointment made from Neem fruit is good for treatment of piles, while a wick soaked in Neem oil is inserted in the tract to heal fistula.

Digestive disorders:

The acrid, astringent, stomachic action of Neem helps in the cure of digestive disorders.

Administration of Neem leaf juice (1 teaspoonful) with sugar, given thrice daily, helps cure diarrhoea and dysentery and also regulates bowel movement.

Ingestion of 2-5 Neem leaflets with vegetable preparations for a few days relieves hyperacidity, giddiness, nausea, heartburn, mouth sores, etc.

Also, intake of decoction of powdered Neem bark cures hyperacidity and nausea.

Neem leaf powder (2-3g), mixed with 2 to 4 ground black pepper, taken in thrice daily acts as a laxative and demulcent.

Burning sensation:

Intake of 1 teaspoonful of Neem leaf juice with sugar twice a day reduces the burning sensation of the body.

Hepatitis:

Intake of 2 teaspoonful of Neem leaf juice with honey accelerates the process of cure.

Spelleenomegaly:

Intake of 2 teaspoonful of Neem leaf juice with honey cures the enlargement of spleen.

Respiratory disorders:

Neem bark decoction is used as an antitussive in dry cough.

Intake of powdered Neem leaves (1g) with honey twice a day helps in suppressing cough.

Neem oil (5-10drops) given with 2 tablespoonful of sugar daily for 15 d helps in treatment of tropical eosinophilia.

Neem alone or in combination with other ingredients is used in treating the following diseases.

Urinary disorders:

Neem is effective in treating albuminuria, phosphaturia, and burning micturition. Intake of Neem leaf decoction (3g leaves boiled in 4 cups of water until reduced to 2 cups) twice a day helps.

In case of burning micturition, intake of 1 teaspoonful of Neem leaf juice thrice a day is highly recommended.

Gynecological disorders:

Daily intake of 10g of Neem leaf juice with 1 tablespoonful of sugar early in the morning helps cure leucorrhoea, dysmenorrhoea, and related disorders.

Diabetes:

One tablespoonful of Neem leaf juice taken daily early morning for 3 months is helpful in diabetes.

Alternatively, one can chew 10 Neem leaflets daily or ingest leaf powder.

During treatment, diet control is also advised for quick results.

Hypertension:

One tablespoonful of Neem leaf juice taken twice daily is useful in treating hypertension

Cancer:

Chewing 10-12 Neem leaflets daily early and ingesting with warm water is recommended as a supportive treatment to cancer patients.

Allergies:

Neem is useful in all kinds of allergies, whether drug allergy or allergy due to smell, smoke, dust, eatables, etc. Eight to 10 leaflets are eaten early morning, which helps in purifying blood and controlling allergic reactions.

Vaginal disorders:

Neem having urinary astringent and antipruritic properties gives immediate relief in most common vaginal disorders.

A pessary made from Neem fruits macerated with Neem leaf juice is kept in the vagina to relieve the burning sensation and heal cervical and vaginal inflammation.



In cases of uterine prolapse, the use of Neem decoction is recommended.

For easy delivery:

During labour, it is recommended to apply a paste of Neem roots on lower abdomen.

Intake of 1g of powdered Neem gum with honey butter relieves tiredness during labour.

HIV/AIDS:

Certain polysaccharides isolated from the inner bark of Neem trunk have been found to enhance human immunity against HIV, which causes AIDS. Although clinical trials are not conducted, oral administration of powdered inner Neem bark and turmeric, curcuma longa, powder (10:1 proportion) to patients in 150mg doses thrice a day for one month suppressed AIDS-related symptoms, such as skin rash, diarrhea, pneumonia, weight loss, etc. among communities

living around the shores of Lake Victoria in Western Kenya, where the AIDS incidence was very high.

Neem medicinal Uses

Since ancient times, Neem, *Azadirachta indica* (A.Juss.), a botanical cousin of mahogany, has been used in India for relieving sickness and disease.

Its medicinal uses are well documented in 'Ayurveda,' the ancient Indian system of medicine.

Every part of the tree has some medicinal use.

External uses of Neem comprise the treatment of dermatological disorders (psoriasis, herpes, eczema, pruritis, and acnevulgaris) , inflammatory condition , infected wounds, abscesses and ulcer, ophthalmic care, ear infection and sinusitis alopecia and haircare, snake bite and scorpion sting, rheumatic pain, gout , etc.

Internal uses of Neem are commonly for dental hygiene, and for treating malaria and filaria , typhoid, digestive , disorders, intestinal worms, hepatitis, spleenomeglay, respiratory disorders, tuberculosis, urinary disorders, gynecological problems, diabetes, hypertension, cancer, leprosy, leprosy, leucoferma, allergies, etc., infectious diseases suchas smallpox, chicken pox, and measles, vaginal disorders, sexually transmitted infection, and possibly AIDS.

The potential of Neem as a fertility-regulating agent is described.

The scientific basis for medicinal uses of Neem and future prospects in relieving human sickness and disease is discussed.

Tuberculosis:

Daily intake of Neem barks decoction helps cure this malady.

Dental Hygiene:

Neem is probably best known for dental hygiene.

For centuries, millions of people in India have been using Neem stick as "disposable toothbrushes" for maintaining healthy teeth and gums.

The practice is said to clean the teeth of dirty smelling plaque, phlegm particles, rendering the mouth clean and pleasant.

Occasional intake of pulp is also recommended for dental hygiene.

Rinsing the mouth with decoction made from Neem root or bark is effective against many dental ills.

Antifungal property:

Neem is effective against several fungi that infect human body.

For instance, in a laboratory study, Neem preparations showed toxicity to culture of 14 common fungi including :

- Trichophyton sp. Causing “athlete’s foot ,” which affects hair, skin , and nails
- Epidermophyton sp.-a “ringworm “ that invades both skin and nails of the feet
- Microsporum sp.-a ringworm that infects hair,skin, and occasionally nails;
- Trichosporon sp. ,a fungus of the digestive tract
- Geotrichum sp. – a yeast like fungus that infects bronchi, lungs, and mucous membranes, and
- Candida spp.- yeast like fungi that can lead to lesions in mouth (thrush), female genital tract , skin ,hands, and lungs.

In comparison with general antibiotics, the use of Neem oil gave very promising results and become popular for treating ringworm, Tinea supp., in children in Kenya.

Fertility regulation:

Studies conducted on rodents have confirmed that Neem seed extract can completely abrogate pregnancy at an early post-implantation stage.

The treatment had no residual effects with respect to the future fertility of the animals.

The active fraction in the extract, identified recently as a mixture of six components, could completely abrogate pregnancy in rodents.

The treatment with the active fraction caused specific activation of T lymphocyte cells of CD8+ subtype as well as phagocytic cells followed by elevation in cytokines γ -interferon and TNF.

The study pointed out that a pure active fraction of Neem seeds could be obtained for the purpose of early implantation contraception when given orally, and its mechanism of action seems to be by activating cell-mediated immune reactions.

Recently, a pre-coital, vaginal, Neem based contraceptive “CONCEPT” has been developed in India and it already at large-scale clinical trial stages states in India.

Chaga's disease:

Neem may prove a boon against the crippling chaga's disease, which infects about 20 million people in Latin America.

The disease is caused by *Trypanosoma cruzi*, a parasite, which is transmitted by the bite of the kissing bugs.

Recently, it has been found that azadirachtin somehow disrupts the delicately synchronised parasite development in the insect's gut, rendering the bugs "immune" or free from infection even 20 days after they had eaten blood laden with parasites.

Injection of azadirachtin A into nymphs of the kissing bug resulted in complete disappearance of the parasite in the host.

Whether Neem will eventually solve the Chaga's disease problem remains to be seen.

Pain relief and fever reduction:

Neem may prove to be a bountiful source of low –cost analgesic (pain relieving) or antipyretic (fever-reducing) compounds and is used as such wherever it is grown.

In trials conducted in Japan, positive results have been obtained for significant analgesic, and anti-inflammatory effects.

Some of the anti inflammatory compounds have been patented.

Source

(<http://www.nutri-info.com/shop/superfoods/neemleaves-info.htm>)



How to make the paste

1. Paste from fresh neem leaves

- You can make a neem leaf paste by simply pounding fresh neem leaves, using a mortar and pestle. For treatment just use the paste as it is. Apply it onto the affected skin and leave for twenty minutes or until nearly dry. Then rinse it off. You may wash with neem soap, and apply a neem lotion for best effect.
- Sometimes such a paste is made using other ingredients as well. An example is the traditional neem treatment for scabies that was used in a clinical study. It combines four parts neem leaf and one part turmeric.
- Another variation is to soak the leaves in hot water until they soften. Once soft, crush the leaves in the same water until you have a neem leaf paste.
- You can also use neem leaf extract to make a paste, by mixing it with another powdered ingredient, for example calamine powder or sandalwood powder.

2. Paste from dried neem leaves

This is an easy and quick way to make a neem leaf paste for small skin disorders, like pimples or boils, skin infections, acne etc.

Of course, all of those could be treated with fresh neem leaves as well. Using paste made from dried neem leaves is just a lot more convenient, since dried leaves are much easier to keep and store.

When you want to use the dried neem leaf just mix a small amount with water to the desired consistency. Apply to the skin and leave to dry. As noted above, the treatment will be most efficient if you use neem soap and lotion after rinsing off the paste.

3. Paste from the skin of the neem tree.

A little known way to make a very effective neem paste is to use the soft skin/bark of a young branch. Rub it on a rough surface with a little water until you get a brown paste.

4: Making large amounts of a watery neem leaf extract.

- Cover the neem leaves with water at a ratio of one kilogram of leaves to five liters of water.
- Let the leaves soak over night.
- Don't heat or boil the mix. Heat will actually lower the Azadirachtin content of the neem leaf extract.
- The next day grind the leaves in the water, and then strain the mixture. (I usually do this in two steps: first I strain the whole brew through something like cheesecloth to remove most of the sludge. Then I filter it through a proper filter paper. The result is a clear liquid.)

If you want to make neem leaf extract to use for spraying in the garden you can soak the neem leaves for up to a week.

It makes the extract more effective, but phew, it smells foul!

If you want to use it elsewhere, for example add it to your bath water for skin protection etc., and then you want to strain it before it starts smelling. You can keep neem leaf extract in a dark bottle in the fridge for several days. However, depending on the use it's much safer to make it fresh.

5: A quick neem bath

To quickly make a small amount of neem leaf extract to add to the bath water just make a strong cup of tea from fresh or dried neem leaves.

6: Neem leaf recipe for eye wash or mouth wash

To make a neem eye wash to use for itchy, red eyes, conjunctivitis etc. boil ten fresh and clean neem leaves in a liter of water for ten minutes, along with some cotton (to absorb impurities).

The same mix can be used as a gargle to treat a sore throat, or as a mouth wash to treat gum disease and prevent tooth decay.

7: Neem face wash

Boil neem leaves in water for a few minutes. Use the same amount you would use for strong cup of tea. Strain, let it cool down, and use it as an antibacterial face wash several times a day.

Beneficial to treat acne and pimples.

Harvesting

It does not matter where the leaves come from even those trees standing on the roadside can be used as the trees has a unique natural anti-pollution filter and environmental pollutants do not effect it or the medicinal use.

The leaves must be picked fresh and stored as carefully as possible. You can dry and store the leaves in a powdered form and used as such or extracts made as a tincture.

If you use the leaves and prune often then your plant will become bushy. Pruning in early spring will deplete the number of flowers and therefore the number of fruit produced.

It is therefore recommended that you delay pruning branches or picking large numbers of leaves until after the fruit has ripened.

Any surplus leaves picked during the remainder of the growing season can be dried and stored for use during the winter and early spring.

To extract the rich Neem oil, the fruit should be harvested when it starts changing colour from light green to pale yellow.

At this stage, the pulpy fruit is also edible. In addition, it can be made into a paste or jelly by removing it from the seed and boiling it with sugar. It can also be used as a culinary spice.

The stripped Neem seed should be cleaned thoroughly to remove all traces of fruit and left to dry.

Then, remove the seed husk by either shelling or crushing the seeds with a rolling pin between two layers of cloth. Finally, place the shelled kernels into a closed container in the refrigerator and scatter the husks on the garden.

Use Neem as an astringent to firm tissues and organs.

Neem tree oil can be purchased in Bahrain from The Garden Nursery road after BBK Budaiya Highway

How to use 100% pure cold-pressed Neem Oil:

Recommended ratio for making spray solution: mix 1 teaspoon pure neem oil in a quart of warm water and 1/4 tsp. liquid dishwashing soap (non-antibacterial, mild soap e.g. ivory).

Shake it well to mix properly. Quantity of neem oil can be increased proportionately for making spray in larger quantities.

Neem oil can be added to regular shampoo for controlling itchy scalp and dandruff.

For pets, neem oil can be added to pet shampoo to kill ticks and fleas or the area where the pets usually use can be treated with neem oil spray.

Store neem oil in a cool dark place, away from sunlight.

In case neem oil solidifies due to low temperatures, put the bottle in warm water (below 95 degree F) to liquefy.

Putting the bottle in very hot water may reduce the effectiveness of oil.