



Sprains, fractures and pulled muscles are among the most common injuries suffered by people. Unfortunately, in some instances, these injuries can take very long to heal, and in some cases, the patient never makes a complete recovery. Rather, they are left with a pain or weakness that continues to plague them.

In this regard, one very effective remedy is that of “Lep”. Lep is an urdu word that refers to “plaster” (i.e. the substance that is plastered onto walls). In this case, Lep refers to a medicinal paste which is “plastered” onto the site of the injury to assist in healing.

**Recipe:**

1 Tbsp arad (turmeric)

1 Tbsp alum powder

1 Tbsp brown sugar

Egg white

**Method:**

Place arad and alum powder in a pan and heat until warm. Remove from heat and add brown sugar. Then, add egg white until a paste is formed. Apply the paste to the site of the injury and wrap with a bandage. The paste will harden and set (due to the egg white). The paste should preferably be left on for 12 hours. Since the paste stimulates blood flow and warmth to promote healing, slight heat may be perceived.

**Note:**

It is normal for the skin to stain yellow due to the arad.

In the absence of alum powder, 1Tbsp Epsom salts may be substituted.