GRANDMA'S REMEDIES

The Most Effective Home Remedies to Get Rid of Intestinal Worms

By bestfolkmedicine · 14/09/2022 · 4 min read



Parasitic worms, also called intestinal worms, are a type of intestinal parasite that can infect humans. They're common in tropical and subtropical regions, but some types are also found in the United States.

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Most worm infections will only cause a mild disease and usually go away with meds.

The most common symptoms are pain in the belly, gas, bloating, diarrhea, nausea, vomiting, weight loss, and tenderness in the belly region.

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People with intestinal worms may also have dysentery.

This is when the infection causes diarrhea consisting of mucus and blood in the stool. It may also lead to itching and rashes around the vulva or rectum.

Sometimes, passing a worm in the stool is possible during a bowel movement.

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But, there are cases when people can have intestinal worms for years, without any symptoms. They will eventually go through the digestive system and get removed through the feces.

Different worms appear different in the feces.

For example, pinworms are thin and white forms like pieces of thread and they're visible around the anal region at night.

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Roundworms are large and live worm pieces in the feces. If you have been diagnosed with intestinal worms, check out the best natural remedies to remove them from the body below.

The Best Natural Remedies to Expel Intestinal Worms

1. **Garlic**

A popular anti-parasitic food, garlic is one of the strongest home remedies in the fight against intestinal worms.

Namely, when consuming it raw, you're supplying the body with sulfur amino acids that are anti-parasitic.

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And, garlic possesses antiseptic, antifungal, and antibacterial characteristics that help destroy bacteria, germs, and microbes in the body.

Opt for three cloves or raw garlic on an empty belly every day for a week to expel worms. You can also boil two crushed garlic cloves in ½ a cup of milk and consume it on an empty belly.

Do it daily for a week.

2. **Pomegranate tree bark**

The bark root, leaves, and stems from the pomegranate tree are rich in anthelmintic properties, and pomegranate is promoted as helpful for intestinal worm treatment. Namely, punicine, an alkaloid, is present in the bark and it's highly toxic to the worms, especially tapeworms.

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To prepare it, add one two-inch piece of the tree bark to a cup of water. Boil the content until half of the water evaporates.

Put the cup aside and leave it to cool down. Strain it and consume it. Repeat this three times per day. Do it for several days.

3. **Indian lilac or neem**

Neem is an effective cure for the removal of intestinal worms. It possesses anti-parasitic characteristics that destroy parasites.

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You need dry neem flowers. Wash them and then heat them up with one teaspoon of butter or ghee.

Consume it with plain, boiled rice, twice per day for a period of four days. Another option is a plain glass of warm milk combined with a tsp of dried neem leaf powder.

4. **Carrots**

Carrots contain beta-carotene, a precursor for vitamin A that can destroy the worm eggs. Moreover, it contains zinc and vitamin C that support strong immunity.

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When we have a strong immune system, we're better equipped for fighting off intestinal parasites.

To prepare them, grate two carrots and consume them in the morning, on an empty stomach.

5. **Turmeric**

Turmeric acts as an antiseptic with antimicrobial characteristics that help in the fight against intestinal worms.

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What's more, turmeric alleviates the symptoms of intestinal worms like gas, nausea, bloating, and belly pain.

To prepare turmeric for the treatment of intestinal worms, extract the juice from raw turmeric.

Combine it with a teaspoon of salt and drink it in the morning on empty. Do this every morning, for a week.

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Another option is to combine a tablespoon of turmeric juice with a glass of buttermilk and drink it once per day for a period of three days.

6. **Pumpkin seeds**

Pumpkin seeds are recommended for the removal of intestinal worms due to the cucurbitacin they contain.

This compound has anti-parasitic properties that will paralyze the parasites.

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This won't allow them to hold onto the intestinal walls and speed up their removal from the body. Add two tablespoons of peeled and crushed pumpkin seeds to three cups of boiled water.

Leave the content to steep for half an hour. Leave it cool down and then consume it. You can also combine a tablespoon of roasted and crushed pumpkin seeds with honey and consume the mixture every morning, on an empty belly.

7. **Coconut**

Coconut possesses strong anti-parasitic properties. Both coconut oil and coconut fruit can be used for the treatment of intestinal worms. Consume a tablespoon of crushed coconut with breakfast.

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Three hours later, consume a glass of warm milk and two tablespoons of castor oil. Repeat this practice until you're warm-free.

If you have a gastrointestinal illness, it's best to avoid castor oil. It shouldn't be given to children younger than the age of five. It's also beneficial to consume four to six tablespoons of coconut oil daily.

This oil contains medium-chain triglycerides which help remove parasites from the body and strengthen immunity.

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Sources:

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