How To Cure Typhoid Fever Permanently With Natural Remedies

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The typhoid fever is an infection caused by a strain of bacteria known as Salmonella Typhi. Typhoid is the type of fever which usually occurs because of contaminated food and water. A person suffering from this fever sustained high body temperature, more commonly it is 103˚ to 104˚ F (39˚ to 40˚ C). This illness can be fatal if it's not treated well. Mainly antibiotics are used to cure typhoid. But there are **natural remedies which can help you get rid of typhoid quickly**.

Around the world, 30 million cases of typhoid reported in 2010. This fever caused around 200,000 deaths in that year. Some people carry the bacteria without developing typhoid symptoms for a long time.

The typhoid is contagious disease and usually spread by food and water. Infected people can spread bacteria by direct contact with their feces or by urine. Animals cannot spread this infection, so transmission is always human to human.

What Is the Incubation Period for Typhoid Fever?

The incubation period for typhoid fever is 6-30 days, and for paratyphoid fever, it is 1-10 days. Sometimes a person can carry bacteria without developing any symptoms.

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HOW LONG (MANY DAYS) DOES IT TAKE TO CURE TYPHOID?

Typhoid fever takes 1-2 weeks to cure if it's diagnosed in its early stages. Take consultation for proper diagnosis and treatment of this condition from your doctor. You can increase the recovery speed with the help of natural remedy and healthy diet.

Typhoid Symptoms

Symptoms of typhoid usually begin after 6-30 days once bacteria infect a person. Two common and significant signs of typhus are high fever and rashes on the skin. The rashes are red color spots, particularly on the neck and abdomen. Rashes do not affect every patient.

Other typhoid symptoms can include a headache, abdominal pain, constipation, muscle pain, and weakness. For some patient, symptoms might consist of confusion, diarrhea, and vomiting.

NATURAL REMEDIES FOR TYPHOID CURE / TREATMENT AT HOME

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1. **Apple Cider Vinegar**

Apple cider vinegar is an excellent natural remedy to reduce body temperature. It contains the minerals which energize your body and replenish minerals lost due to diarrhea.

- Take a half teaspoon of apple cider vinegar and one teaspoon of honey, mix them in a glass of water. Drink this remedy before having your meals for 5-7 days.
- Another way to use ACV by mixing one part of it with two parts of cold water. Take a clean cotton cloth and soak in it and put it on your forehead and abdomen. When it gets warm, soak cloth again. This remedy will help you to get relief from high fever.

Read: **Typhoid Fever Diet Plan: Food to be Eaten & Restrictions**

2. **Garlic for Typhoid Cure**

Garlic contains antimicrobial properties which help to fight typhoid bacteria. This natural herb helps to flush out harmful toxins from the body and improve your immunity system.

- Eating garlic clove is beneficial in typhoid treatment. Try to eat garlic clove empty stomach for a better result.
- Take four cups of water, 1 cup of milk and a half teaspoon of crushed garlic. Mix them well and boil until it reduces to ¼ of the original amount. Drink this remedy three times in a day for one week to get rid of typhoid bacteria.

3. **Barley**

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Barley is another beneficial **natural herb for typhoid fever cure**. It helps to improve immune system and digestion.

- Take two teaspoons of barley grass and steep it for 10 minutes in boiling water. Strain this mixture and drink twice in a day until you get relief from fever.
- Take a handful of barley, wheatgrass, and gram well and fry them well. Then, make a powder of these natural herbs. Mix them with jaggery syrup or honey and then eat the mixture three times in a day. Try this remedy for a week to get relief from typhoid.

4. **Homemade ORS**

It is essential to keep your body hydrated if you are suffering from typhoid. Oral Rehydration Solution (ORS) is the best way to keep your body hydrated. You can make ORS at home or can get from the medical store. ORS helps to get rid of typhoid symptoms and helps to recover faster.

- Take 4 cups of water, four teaspoons of sugar and a half teaspoon of salt. Mix them well and drink this mixture 4-5 times in a day.

See: **10 Natural Remedies for Jaundice cure**

5. **Cold Compass**

Typhoid significant symptoms are high body temperature which can be cured by cold compass. It helps to bring down temperature very quickly.

- Take cold water and a clean cotton cloth. Soak that cloth in cold water and put on your forehead and the abdomen. Do this remedy until your body temperature drops.

6. **Clove for Typhoid treatment**

Clove is a proper home remedy to cure typhoid. It has antibacterial properties which help to fight bacteria that causes typhoid.

- Add 5-7 cloves in 2 liters of water and boil until it reduces to half of its original amount. Strain this mixture and drink 3-4 times in a day.

7. **Raisins**

Another beneficial *remedy for typhoid symptoms treatment.* Raisins improve your immunity systems and help to fight bacteria.

- Take few raisins and soak them in water for overnight. Eat them in the next morning empty stomach. Raisins act as a natural immunity booster during typhoid fever.

8. **Honey**

Typhoid fever affects digestive system badly due to diarrhea. So honey is a very beneficial natural remedy for the digestive system. Honey helps the digestive system to work appropriately and recover typhoid faster. It also gives you the energy to fight bacteria.

- Take lukewarm water and add one teaspoon of honey to it. Drink this honey water 2-3 times in a day to get a faster result.

9. **Basil**

Basil is another effective **natural medicine to cure typhoid fever**. Due to its antibiotic and antibacterial properties, you can get rid of the typhoid bacteria. It also improves your immunity and helps to bring down the body temperature.

- Take 20 basil leaves, one teaspoon of crushed ginger and one cup of water. Mix them well and boil this mixture until it reduces half from its original quantity. You can add a little honey to it before drinking. Drink this mixture 2-3 times on a day for one week.
- Extract the juice from 5 to 7 basil leaves and add a pinch of freshly ground black pepper. Drink this 2 or 3 times a day for a couple of weeks to get a better result.

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10. **Buttermilk**

Buttermilk is an excellent way to treat typhoid at home. It helps to improve your digestive system and improve your immunity system. Buttermilk also helps to keep your body hydrated.

- Extract two teaspoons juice from fresh coriander leaves and mix with one cup of buttermilk. Drink this home remedy 2-3 times in a day for at least one week.
- Drink a 2-3 glasses of buttermilk daily is very helpful in typhoid recovery.
- Add the pulp of 1 banana to a glass of buttermilk is another wonderful natural remedy for typhoid fever. Drink this 2-3 times daily for two weeks.

11. **Bananas**

Bananas are beneficial in treating diarrhea and bring the fever down. It contains potassium which helps to replace electrolytes lost during fever and diarrhea.

- Take two mashed bananas, a half cup yogurt and one teaspoon of honey. Mix the well and eat this mixture 2-3 times in a day. Repeat this remedy for 1-2 weeks until you recover from typhoid.

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TYPHOID HOME REMEDIES & HERBAL MEDICINE IN AYURVEDA

- Soubhagya Vati: Take 125 mg of Soubhagya vati, 125 mg of Parwal pishti and 250 mg of Giloy satwa. Mix them well and make 30-40 doses; take one dose twice a day with Adarak swaras.
- Brahmi Vati: Take 125 mg of Bramhi vati, 125 mg of Soubhagya vati and 250 mg Giloy. Take it one a day with honey and water boiled with clove.
- Giloy: This natural herb is very effective in treating typhoid fever. You can drink giloy juice or eat giloy tablets.
- Figs are another useful ayurvedic remedy for typhoid fever. Make a paste of 4-5 grapes, 1-2 gm khubkala and 8-10 figs. Eat this mixture 2-3 times in a day. Don't forget to remove seeds from grapes.

TYPHOID FEVER PRECAUTIONS & PREVENTION TIPS

You can avoid typhoid or for a speedy recovery by doing below things.

- Drink bottled water or boiled water.
- Be wary of eating anything that has been handled by someone else
- Avoid eating at street food stands, and only eat food that is still piping hot
- Do not take the ice in drinks.
- Avoid eating raw fruit and vegetable for typhoid Precaution.
- Wash your hands regularly.
- If you eat raw fruit or vegetables that can be peeled, peel them yourself.

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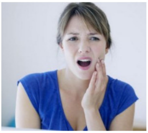

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25 Comments

Abike

Pls am surfering of thypopid fever every month nd alays visit hospital 4 treatment, i used expensive antbaterial upon all d fever wil still come. I went to general hospital dsame thing still happening. Pls help me ooooo

Reply

Nadia Khan

Take Giloy 20 mg. It's a herbal medication for the treatment of every fever. It helps boost the immune system activity and also helps prevent the relapse of typhoid fever. It's actually recommended after the complete 15 days treatment of antibiotics. The reason why typhoid fever takes much time to recover is that it takes longer to know that which antibiotic actually suits a person. For this to know, you have to get your blood culture test done in order to know which antibiotic would suit you. I would recommend ceftriaxone.

Reply

Lilia

could you take it during the treatment of antibiotics?

Reply

admin

some remedies are safe to take during your treatment but we still recommend you to consult with your doctor before taking any home remedy.

Reply

Nadia Khan

Take Giloy 20mg. It's herbal medication that helps boost the immune system activity and also helps prevent the relapse of typhoid fever.

Reply

Jollyface

Comment Text*

How can one get Giloy?

Reply

admin
You can search it by name Tinospora Cordifolia. I hope you will find in Nigeria too.
Reply

Jollyface
Comment Text
Can your herbal medications be found in other countries, such as Nigeria?
Reply

admin
Most of the remedy we mention on our website can be found anywhere in the world.
If you need more help let us know what particular remedy you looking ?
Reply

Hannah
My a year plus baby has been suffering from typoid fever for like 3 weeks ago she cant eat and doesn't want fluid. Have bought chloramphenicol for her but its not working Please help me oooo.
Reply

admin
for one-year plus baby it's better you consult with a doctor for proper treatment.
Reply

Joyce Cheruiyot
Am Joyce I suffer from typhoid rash n still under medication.i had suffered almost one n half month,i took antibiotic hoping it was cold and flu,my menstrual cycle affect coz this the second month now without changes in me, help?
Reply

admin
Hi Joyce, according to your comment it looks like you may be taken too many or heavy doses of antibiotics. Please follow above remedies and consult with your doctor for proper diagnoses.
Reply

Oladapo
Can someone be infected with thyphoid fever through vagina sex?
Reply

admin
No, typhoid is not contagious so having sex cant infected you.
Reply

nedu
typhoid fever have been issue with me for as long as i can remember. i done blood culture and the best drug for is zinat. i have been using it yet the typhoid will still come back. pls what do i do.
Reply

admin
Hi Nedu, Typhoid fever is caused by bacteria and its contagious disease. So maybe you are having contaminated food, water or making contact with infected people etc. You need to pay extra attention to your food and surroundings. You can also try our natural remedies and meanwhile also consult with a good doctor. Hope you will get better soon.
Reply

Farooq

Hi,

I have been suffering tyhoid from last 1.5 year ,it laps every four month,and recently I have done full three week course of cefixime,but very next day test was performed,and typhoid found positive,,typhidot ICT AND Anti IgG & IgM,please need your suggestion to cure it permanantly?

Reply

> **admin**
>
> typhoid is bacterial and contagious disease. It can be occur because of contaminated water or food etc. You need to work on you immunity system to fight with bacteria. Follow our natural remedy to increase your immunity. Eat healthy food and drink plenty of clean water.
>
> Reply

theresa

Hi am Theresa, I have been suffering from typhoid for the past 13 years. I have been to the hospital several but it still persist. Please help me, am in Ghana

Reply

> **admin**
>
> Therese, Typhoid is bacterial and contagious disease which can occur by having contaminated food, water etc. You need full diagnose and a hygienic diet. Please do proper precautions to avoid typhoid.
>
> Reply

Ken

How do I get rid of resistant typhoid to all anti biotics

Reply

> **admin**
>
> Use natural remedies and follow healthy diet to improve your immunity system.
>
> Reply

Ade

Sir, My problem is waist pain and this has been for long time. i have many drugs and it persist what can I do. Sometime it will move to the spinal Cord, other time to neck and even inside the tigh bone. What can I do?

Reply

> **admin**
>
> We suggest you to visit a good doctor and also consult with physiotherapist.
>
> Reply

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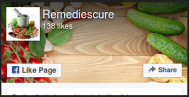

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