

MUSTARD PACK OR PLASTER



What Is Mustard Pack / Plaster?

A mustard plaster, or mustard pack, is a home remedy believed to ease symptoms of respiratory conditions. It's mainly used for coughing and congestion, but it's also used for pain such as:

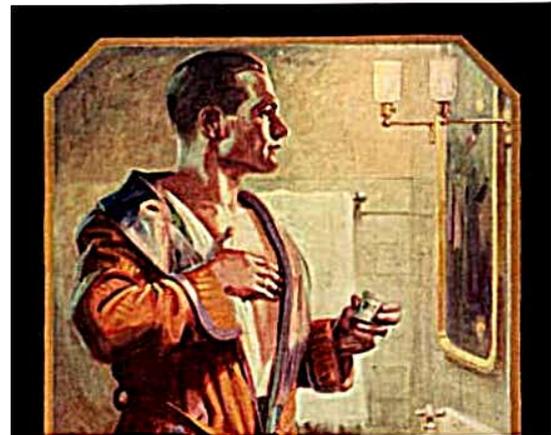
- back aches
- cramps
- Arthritis
- Also mustard seed extract has Anticancerous effect hence used to treat Benign cancer

Why Mustard?

- Mustard seeds contain [sinigrin](#), a compound that gives mustard its spicy flavor. When mixed with water, sinigrin breaks down and creates [allyl isothiocyanate](#).
- Once this compound is released turns up the heat and increases the blood circulation.
- [A 2016 review of studies on sinigrin](#) showed anti-cancer, antibacterial, antifungal, antioxidant, anti-inflammatory, wound healing properties, as well as biofumigation.

Does Mustard pack really work?

Mustard seeds have been used as medicine for thousands of years. The Greek physician Hippocrates allegedly used mustard packs to treat lung problems in ancient Greece.



USES

This remedy works by increasing circulation and warming the muscles due to the heat of mustard seeds.

Supposedly, the remedy can help relieve:

- congestion
- colds
- headaches
- lung conditions (such as pneumonia)
- bronchitis
- back pain
- muscle aches and cramps
- arthritis

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- **However, sinigrin is common in plants of the Brassicaceae family, including broccoli and brussels sprouts. It's also found in *Brassica nigra* seeds, or mustard seeds.**
 - **And though it's not clear that sinigrin helps treat COVID-19, the results from a [2020 study](#) suggest that sinigrin may be twice as helpful in treating COVID-19 as an off-label treatment as commonly used medications such as remdesivir, oseltamivir, ribavirin, lopinavir, ritonavir, and favipiravir.**

PROCEDURE

**1/4 CUP OF MUSTARD SEED
(GROUND)**

**2 TABLESPOONS OF WATER
(WARM)**

**1/2 CUP OF FLOUR AND MIX
EVERYTHING MAKE A PASTE
A SMALL TOWEL TO COVER
THE SKIN**



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- Spread the paste onto one fabric square. Put the second square on top.
 - Place the plaster on your chest or the affected area. Avoid areas with open cuts, [wounds](#), or [sores](#).
 - Remove the plaster after 15 minutes.
 - Wash your hands with soap and water before touching your face or eyes.

It's critical to remove the mustard plaster after 15 minutes. If you leave it on for too long, the ingredients can irritate your skin.

Is It Safe?

- **When applied on the skin, allyl isothiocyanate creates a warm sensation. However, it's also a skin irritant. If it stays on the skin for too long, it can cause:**
- **redness**
- **burns**
- **nerve damage**

Contraindications



MUSTARD PLASTER IS CONTRAINDICATED IF YOU HAVE: SENSITIVE SKIN, ALLERGY TO MUSTARD SEED, OPEN SKIN (E.G.: RASH, ECZEMA, WOUND) AND ANY AREA WHERE HEAT IS CONTRAINDICATED SUCH AS DIABETIC OR SPINAL INJURY.

How to make a mustard plaster

To make a mustard plaster, you'll need the following ingredients:

1. dry mustard powder
2. flour
3. water
4. 2 squares of fabric about 6 x 6 inches

MAIN INGREDIENTS

Mustard seed



Flour



Water