

[gourmet](#) / [travel + culture](#)

[PRINT](#) [FEEDS](#) [SHARE THIS](#)



SHOBA NARAYAN

## SEARCH FOR THE CURE

10.08.07

The practice of herbal medicine is alive and well in rural India. The herbalist at a greenmarket, in the village of Maralawadi (a couple of hours outside of Bangalore), sits amidst the potatoes and okra, the green peppers and mangoes, the beans, peas and young *brinjal* (Indian eggplant) displaying his wares. He sells yellow turmeric roots, pink salt, green and black peppercorns, ginger roots, red saffron, and stalks of garlic. People stop by, describe their ailments, and then buy the right combinations of herbs to cure what ails them. The women then grind them at home in a traditional mortar and pestle and incorporate the mix into their diets to get rid of everything from rheumatoid arthritis to psoriasis.



keywords [shoba narayan](#), [india](#), [ingredients](#), [health + science](#)

[PRINT](#) [FEEDS](#) [SHARE THIS](#)

### MORE TRAVEL + CULTURE

- [Travel Smart: Designed to Death](#)
- [In Lima, Going Back to Basics](#)
- [Travel Smart: New York's Sexiest New Hotel](#)
- [Travel Smart: The Roosevelt Bounces Back](#)
- [Travel Smart: Five Rules of the Rental Road](#)
- [Asia's Dirty Little Secret](#)
- [View All Travel + Culture](#)

welcome to gourmet [log in](#) | [register](#)

GOURMET.COM

RECIPES



[Facebook](#)

[Twitter](#)

[Pinterest](#)

Gourmet ON **epicurious**



**GOURMET LIVE**  
Exclusive recipes now on  
epicurious

**1941-2009** **GOURMET RECIPES**  
Visit the archive of recipes

### FRIENDS ON FACEBOOK



143K people like this. [Sign Up](#) to see what your friends like.

[SITE MAP](#) | [ARCHIVE](#) | [CONTACT GOURMET](#)

[Careers](#) [Condé Nast Store](#) [Reprints/Permissions](#) [Gourmet Media Kit](#)

Food Innovation Group:  
Bon Appétit and Epicurious

Subscribe to a magazine:

Visit our sister sites:

Member of the Food Innovation Group:  
Bon Appétit and Epicurious

Bon Appétit  
Gourmet.com

Epicurious.com  
ZipList

Subscribe to a magazine ▼

Visit our sister sites ▼

© 2013 Condé Nast. All rights reserved

Use of this site constitutes acceptance of our [User Agreement](#) (effective 3/21/12) and [Privacy Policy](#) (effective 3/21/12).

[Your California Privacy Rights](#)

The material on this site may not be reproduced, distributed, transmitted, cached or otherwise used, except with the prior written permission of Condé Nast.

[Ad Choices](#) ▶