



HOME REMIDIES

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Asthma Home Remedies

Asthma is a respiratory disorder in which one experiences shortness of breath. The following home remedies may help:

1. Take a teaspoon of fresh ginger juice mixed with a cup of fenugreek decoction and honey to taste. This mixture acts as an excellent expectorant in the treatment of asthma.
2. Extract the juice from garlic. Mix 10 – 15 drops in warm water and take internally.
3. Mix, onion juice ¼ cup, honey 1 tablespoon and black pepper 1/8 tablespoon.
4. Mix licorice and ginger together. Take ½ tablespoon in 1 cup of water.
5. Drink a glass of 2/3 carrot juice, 1/3 spinach juice, 3 times a day.
6. Add 30-40 leaves of Basil in a liter of water, strain the leaves and drink the water throughout the day.