



## **HOME REMIDIES**

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# Cold Home Remedies

- For dry and stuffy nose, try normal saline or salt water nasal drops made by adding 1/4 teaspoon of table salt to about 4 ml lukewarm water.
- **Garlic juice** made by adding few drops of garlic oil to a teaspoonful of onion juice and diluting it in a cup of water is helpful for common cold.
- Rub the chest with vicks vapour rub.
- **The Indian style** - Take a face cloth and soak it in very cold water and squeeze out the water and fold into three layers and put this on the forehead.
- Finely grate an apple and spread it 1/2 inch thick on a piece of double-layered cheesecloth about 6 inches in length. Apply this over the forehead. Make a similar poultice for the throat area or chest if necessary. Leave on for one hour.
- Take half a teaspoon of **ginger juice** with half a teaspoon of honey, three times a day. In winter, warm the mixture by mixing a teaspoon of warm water in it.
- Mix half a cup of warm water with one teaspoon of **lemon juice** and one teaspoon of **honey**.
- Make a cup of linden flower tea, tea with mint leaves and lemon, oregano leaves, lemon and honey and some skinned apple to improve the taste.
- Take equal amounts of cardamom, ginger powder, black pepper and cinnamon (1 teaspoon each). Make a fine powder.
- Wrap yourself warmly when you get out, and with a hot soup such as Hot and Sour, Vegetable Soup or good ol' Chicken Soup.
- Simple and Effective Home Remedies for Cold
- In the event you experience sneezing, mild fever, watery eyes, coughing, sore throat, runny nose or achiness, you probably have colds.
- Colds are viral infections that took effect when the resistance of the body is low that targets the upper respiratory track. It is often the result of stress, fatigue or nutritional deficiencies.
- To avoid this, there are several home remedies you can do:
- A hot liquid can lessen the symptoms of colds. Hot chicken soup is most recommended.
- Since cold patients experience head and sinuses congestion, hot bath is most advisable. Soak the body on a bath tub with lukewarm water. Add it with at least ½ kilo of salt. Drink hot tea. After the bath, go straight to the bed and cover the whole body with blanket. This will let the body sweat as a respond to the heat.
- Taking long rest on a warm bed also soothes cold. The idea is to release the heat and to mild the fever.
- If there is nasal blockage, create a mixture of salt and water and place it to a nasal spray bottle. Spray it on each nostril for at least 3 times. Do this procedure 5 times a day. Mint leaves, eucalyptus, thyme, and clove can aid the clearance of blocked nasal passage. On boiled water, put one of the said leaves. Inhale it with a towel or a cloth covering your face.
- Gargling with warm water-salt solution once every two hours will ease sore throat.
- Drinking ginger tea is one of the best ways to attach the cold directly. To do this: boil fresh ginger root on water. Use honey instead of sugar to sweeten the tea. Chewing fresh ginger is another effective way in targeting cold.

- Cooking 1 tablespoon of butter, 1 cup of molasses and 2 tablespoons of white vinegar could also give you a great home remedy for cold. Take 1 tablespoon each hour for best result.
- Basil (fresh or dry basil leaves are good) tea is another way to cure cold. Add cinnamon to provide aroma and to ease and soothe the fever. The tea will bring perspiration.
- A cup of tamarind pulp that is mixed with one liter of boiling water to make tamarind tea can cure cold. Boil it covered and leave for two hours. Remove the tamarind fruit by straining the tea. Drink ½ cup every four hours. Add honey to sweeten the tea.
- Combination of cinnamon, dried thymes, cloves on boiling water can produce an effective drink to ease the cold. After boiling, let it rest for 3 minutes. Strain and drink.
- Another home remedy is eucalyptus and honey mixture. Place 2-3 drops of eucalyptus oil on a hot water. Mix desired amount of honey and you have a tea that can cure your cold.
- Lemon matching with honey can be used to ease cold. On a hot cup of water, dilute lemon and add honey. Even cinnamon, cayenne, ginger or cloves is also good in curing cold.
- If you don't like the taste of leaves boiled with water, try the mixture of cinnamon, milk and honey. Or as a substitute to the milk, use chocolate. Add ginger, garlic or ghee for medicinal purposes.
- Most of these drinks taste bad, but if you want the natural and effective way to cure your cold, this is the best option.
- The virus Herpes simplex primarily causes cold sore or the fever blisters. This virus is known to be naturally present in human bodies but will infect it if some elements may trigger this condition. This disease is characterized by the eruption of tiny blisters around the mouth when a person has a fever or colds. Cold sore is most prevalent during winter and cold weather. Many patients claim that this is the resultant of stress however, no scientific studies have yet established this view. Yet, this remains true for some sufferers.
- Also, other known causes of cold sores are excessive fatigue, menstruation in women, and too much exposure to sunlight and a number of respiratory infections. Calcium and Vitamin B12 are also pointed out as one of the main cause of cold sores eruption, which in effect leads to poor vitamin intake and diet. Legumes, cereals, whole grain products and other food items with high arganine contents are known to trigger the production of herpes virus in the body. It is essential that a cold sore sufferer must avoid the intake of such foods.
- Cold sore is a transmittable disease, this is why it is important that the disease is treated right away as to prevent the infection of the individuals surrounding the patient.

Home remedy for cold sore must be first applied on the prodrome (tingling) stage of the disease. The actions taken in this period will determine the outcome and the duration of the sore. It is important that it is in her that effective measure be employed.

- If you are sufferer, change your toothbrush frequently. This is not a home remedy for cold sores but may prove effective in lessening the chances of more severe infections.
- In addition to this, some cold sores patient recommend that use of nail polish remover. This may seem a bit farfetched but has proven effectivity on some. This home remedy for cold sore works by applying small amount of nail polisher remover on the affected area. This will smell and burn a bit but after leaving the polisher on your lips for ten minutes, the swelling will subside and so does the soreness. This method must be combined with Nyquil as this product soothes the skin after the immediate effects of the nail polish remover.
- If nail polish remover don't appeal to you, you may apply toothpaste, ice cubes or abreeva as alternative solutions. These have the same effect of eliminating the virus on the sores. Once you were not able to prevent the blisters from forming, you can count on the possibility that your sold sores will complete its full cycle. From macule form to papule form, inflamed stage and bump stage respectively.
- A housewife related that her cold sores usually occur when she feels that something stressful will arise. She specifically gave the example- not being able to find her family for hours. When she feels the initial symptoms of the cold sore, she immediately applies ice around her mouth. This she claims is effective in preventing the cold sore bigger. After quite some time, she would apply carmax on the affected area. She recommends that it is not wise to apply moisturizer on the lips as this may bring about several little cold sores the following day. This is a simple home remedy for cold sores she use herself.