



## **HOME REMIDIES**

### **SANTHOSH HERBAL HEALTH CENTRE**

**168, SANTHOSH COMPLEX, KENNEDY SQUARE, MEDICAL COLLEGE,  
ROAD, THANJAVUR - 613 004. TAMILNADU - INDIA.**

**PHONE : + 91 4362 240096**

[contact@santhoshherbals.com](mailto:contact@santhoshherbals.com) | [www.santhoshherbals.com](http://www.santhoshherbals.com)

# Cough Home Remedies

- Cough is the body's natural reflex to irritation in the throat. There are two kinds of cough – one which is wet and associated with mucus; and the other which is dry and there is no mucus.
  - Extracted juice of ginger with **honey** take three or four times a day is an excellent remedy for coughs and cold.
  - A decoction of henna leaves can be used as a gargle, with beneficial results.
  - Mix 3 tablespoons of lemon juice, 1 cup honey, and 1/4 cup warm water and take two teaspoons daily.
  - In cases of dry cough, peel a small piece of fresh **ginger**. Sprinkle some salt on it and chew.
  - Three **peppers** sucked with a pinch of caraway seeds and a crystal of common salt provides relief.
  - Add a gram of **turmeric powder** to a teaspoon of honey for curing dry cough.
  - Hot tea with lemon and raspberry jam, drink as much as possible.
  - Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding tea leaves, is another effective remedy.
  - Chew **cardamom** for a long time.
  - Drink hot milk with honey at bedtime.

Soak **almonds** overnight. Remove their skin. Make a paste of these almonds with little butter and sugar. Very useful for a dry cough.

Three cloves of garlic boiled in milk, can be used every night.

Take half a teaspoon of fresh turmeric powder, mixed in 30ml. of warm milk twice a day.

Add two tablespoons of glycerine and two tablespoons of honey to the lemon juice. Take 1 teaspoonful daily.

Little do we know that coughing is a good sign that the body is functioning properly. It is the way the body reacts and defends itself from irritation originating from the lungs, throat, or the connecting passages between them. However, coughing can also be a sign that the respiratory track, both upper and lower, has infections. These infections may come in the form of flu, colds, sinus infections, bronchitis, measles, croup, bronchiolitis, or pneumonia. And when these infections subside, **cough** soon followed.

The respiratory track has several hair cells or cilia. The cilia keep the track moist and clean. In the event that these cilia are damaged caused by infection, the body responds by coughing to move the mucus up and down the track.

For children, regular cough can be a sign of asthma. Diagnosis is critical at the early stage so that preventive measures can be applied.

Moreover, cough can be caused by allergies. This can be chronic sinusitis, GE reflux, inhaled foreign bodies, pertussis, tuberculosis, irritation from little air particles, smoke, or even habit. There are also times when cough is caused by swimmer's ear.

The bad news is, everyone can be a victim of cough that is why there is a need to be informed of the ways to cure it. But before you storm the local drug store in search for cough syrups, consider your kitchen first for it might have products that can cure cough.

Here are some home remedies you can use whenever you or your children have a cough:

Among all the products you can look around your kitchen in search for ginger, garlic, honey, lemon, vinegar, pepper, cayenne, and of course water. Garlic has been an all time favorite as a home remedy for several infections and ailments such as bursitis and arthritis aside from cough. Ginger contains a natural anti-inflammatory which can be found on several medicines for nausea and motion sickness. Garlic also has several different natural components that are very good for the health. Cayenne on the other hand eases pain. Vinegar and honey have many healthy contributions

### **Home Remedy for Cough**

Combine 1/4 tsp ground ginger, 1/4 tsp cayenne pepper, 1 tbsp apple cider vinegar, 1 tbsp honey, and 2 tbsp water. Take a couple of teaspoons of the mixture and an instant cure can be experienced.

### **Home remedy for cough**

Create a tea by boiling water with grated or sliced ginger, a clove of garlic, and fresh lemon in a saucepan. After 20 minutes, strain the tea on a mug and add honey and drink it. This will surely sooth the throat. The heat will open nasal passages and the chest that will make you feel much better. Plus the vitamins lemon contains will help you even further to eliminate the cough.

### **Home remedy for cough**

Place a small pan on heat and put butter in it. Add of black pepper corn and let it boil. Remove from the flame and let it cool down. Chew the black pepper. Follow it up with a glass of milk and your cough will surely go.

### **Home remedy for cough**

The simplest and the easiest: drink a lot of fluid.

These four home remedies will ease your suffering from cough. But if it had no effect and the cough continues to persist, might as well consult a physician.