

Herbal Treatment for Phlegm (REPEATED ENTRY)



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Innovation Description

The traditional knowledge holder has suggested treatment for phlegm.

Disease symptoms: Shortness of breath, wheezing, chest pain, coughing, excessive mucus.

Ingredients: 10 g leaves of Nallavelai (*Cleome gynandra* L.), 10 g leaves of Nuna (*Morinda citrifolia* L.), 10 g leaves of Sangam (*Azima tetracantha* Lam.), 10 g leaves of Thoothuvalai (*Solanum trilobatum* L.), 10 g leaves of Kuppaimeni (*Acalypha indica* L.), 10 g fruits of Pepper (*Piper nigrum* L.).

Preparation: Crush and boil the ingredients in some water to prepare a decoction.

Dosage/Application: Consume 5 ml decoction once daily for 3-5 days.

Ingredient's availability: The plants are available in nearby places.

For More Details Please Contact on [enquiry\[at\]nifindia\[dot\]org](mailto:enquiry[at]nifindia[dot]org)

Link : <https://innovation.nif.org.in/innovation/detail/herbal-treatment-for-phlegm-repeated-entry/120266>