

Herbal Treatment for Cough



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Innovation Description

The traditional knowledge holder has suggested treatment for cough.

Disease symptoms: Wheezing, hoarseness, coughing, sore throat.

Ingredients: 1-2 Bulb of onion (*Allium cepa* L.) and 2-3 spoon of Honey.

Preparation: Crush the bulb to extract the juice and add honey.

Dosage/Application: Consume prepared juice once daily for 5-7 days.

Ingredients' availability: The plant is available in nearby places and honey is available in the local market.

Suggested Reading(s):

Kumar, K. S., Bhowmik, D., Chiranjib, B., & Tiwari, P. (2010). *Allium cepa*: A traditional medicinal herb and its health benefits. *Journal of Chemical and Pharmaceutical Research*, 2(1), 283-291.

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