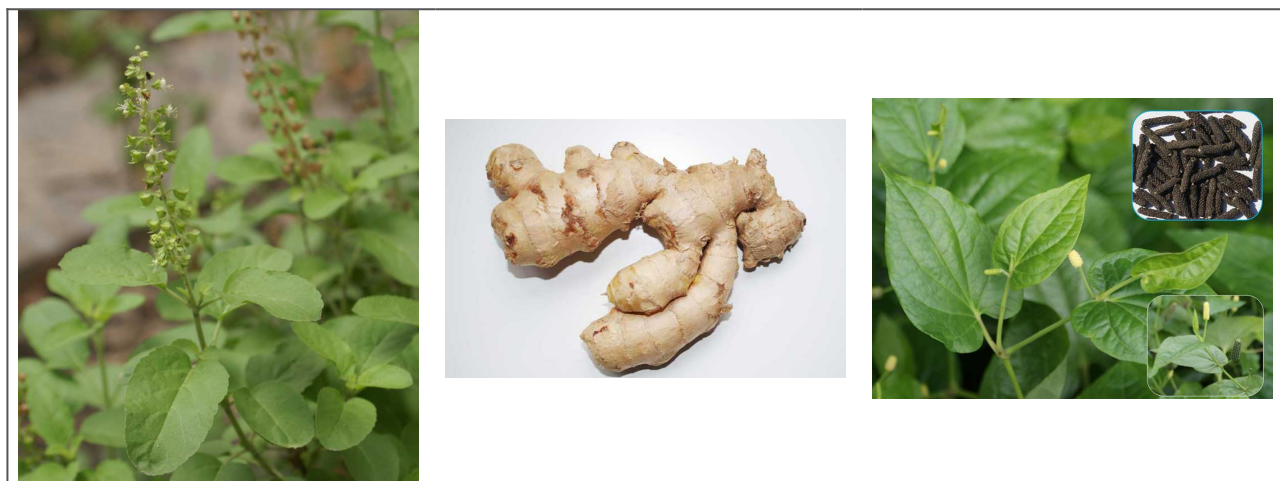


## Herbal Treatment for Cough



By : Ms. Yanung Jamoh Lego, West Siang, Arunachal Pradesh

### Innovation Description

The traditional knowledge holder has suggested treatment for cough.

**Disease symptoms:** Coughing, sore throat, wheezing

**Ingredients:** 10 g each of, Rhizome of Kekir (*Zingiber officinale* Roscoe), leaves of (*Paederia foetida* L.), whole plant of Mitamiti (*Scoparia dulcis* L.), leaves of Curry patta (*Murraya koenigii* (L.) Spreng.), leaves of *Leucas aspera* (Willd.) Link, Whole plant of (*Centella asiatica* (L.) Urb.), fruits of Lemon (*Citrus × limon* (L.) Osbeck), fruits of Amla (*Phyllanthus emblica* L.), seeds of Guti (*Guilandina bonduc* L.), flowers and leaves of Basak (*Justicia adhatoda* L.), fruits and leaves of Onger (*Zanthoxylum rhetsa* (Roxb.) DC.), fruits and leaves of Marsang (*Acmella paniculata* (Wall. ex DC.) R.K.Jansen), flowers of Champa (*Plumeria rubra* L.), bark, fruits & flowers of (*Oroxylum indicum* (L.) Kurz, ), seeds of Pipli (*Piper longum* L.), fruits of Jaluk (*Piper nigrum* L.), leaves of tea (*Camellia sinensis* (L.) Kuntze), leaves of Tulsi (*Ocimum tenuiflorum* L.), the rhizome of Vach (*Acorus calamus* L.), leaves of Bangko (*Solanum violaceum* Ortega).

**Preparation:** Collect and wash the plants properly. Cut into pieces, dry and grind them to prepare, powder. Sieve the prepared powder to get uniformity.

**Dosage/Application:** Consume 1 pinch of the powder twice daily till cure.

**Precaution:** Avoid alcohol, banana, pumpkin, yam, synthetic food, colocasia, brinjal, fork and hybrid ginger.

**Ingredients' availability:** The plants are available in nearby places.

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