

Herbal Treatment for Cough



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Innovation Description

The traditional knowledge holder has suggested treatment for cough.

Disease symptoms: Coughing, sputum, sore throat, whistling breathing

Ingredients: 20 g leaves of Tulsi (*Ocimum tenuiflorum* L.) and 10 g rhizome of Adi (*Zingiber officinale* Roscoe).

Preparation: Crush and roast the ingredients to form a paste.

Dosage/Application: Consume 1 spoon paste twice daily for 3 days.

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

Suggested Reading(s):

Cohen M. M. (2014). Tulsi - *Ocimum sanctum*: A herb for all reasons. *Journal of Ayurveda and Integrative Medicine*, 5(4), 251-259.

Reshmi Singha, H., Chakraborty, K., Datta, A. (2016). An overview of medicinally important phyto resources used by the Manipuri community of North Tripura district of Tripura, North East India. *International Journal of Current Research in Biosciences and Plant Biology*, 3(5), 46-53.

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

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