

Herbal Treatment for Cold



By : Ms. Pinki Kumari , Gopalganj, Bihar

Innovation Description

The traditional knowledge holder has suggested treatment for cold.

Disease symptoms: Runny or stuffy nose, shivers or changes in body temperature, sneezing, fatigue.

Ingredients: 2-3 cloves of Lahsun (*Allium sativum* L.), 1 bulb of Pyaj (*Allium cepa* L.) and 30 ml Ghee.

Preparation: Fry the plant parts in ghee.

Dosage/Application: Consume the fried plant parts twice daily for 3-4 days.

Ingredients' availability: The plants are available in nearby places. Ghee is available in the local market.

Suggested Reading(s):

Iqbal, Z., Nadeem, Q. K., Khan, M. N., Akhtar, M. S., & Waraich, F. N. (2001). *In vitro* anthelmintic activity of *Allium sativum*, *Zingiber officinale*, *Curcubita mexicana* and *Ficus religiosa*. *International Journal of Agriculture and Biology*, 3(4), 454-457.

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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