Herbal Treatment for Cold



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Innovation Description

The traditional knowledge holder has suggested treatment for cold. **Disease symptoms:** Headache, runny nose, nasal congestion, fever. **Ingredients:** 10 g seeds of Rai (*Brassica nigra* (L.) W.D.J.Koch) and 20 ml Sugar syrup. **Preparation:** Collect, grind the seeds to prepare powder and mix it with sugar syrup. **Dosage/Application:** Consume 5 ml of prepared syrup once daily for 2-3 days. **Ingredients availability:** The plant is available in nearby places. Sugar is available in the local market.

Suggested Reading(s):

AL Snafi, A. E. (2015). The pharmacological importance of *Brassica nigra* and *Brassica rapa* grown in Iraq. *Journal of Pharmacological Biology*. 5. 240-253.

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