

## Herbal Treatment for Cold



**By : Ms. Prajapati Nayanaben Vinubhai , Gandhinagar, Gujarat**

### **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.

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

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