

Home Remedy for Cold

What is Cold?

Cold is the most common illness that affects infants and elderly alike. Unlike the contrary belief cold weather is not the cause of colds. There are 200 types of viruses, which cause cold. The common cold is usually mild with symptoms of running nose, sneezing and throat sore. The symptoms may last for one or two weeks. Cold is common among the children and decline with age. On an average people may get 2 to 4 colds per year depending on their body immunity.

Symptoms of Common Cold:

- Stuffy nose accompanied with runny discharge
- Itchy and sore throat
- Change in tone, more nasal
- Eyes watering, headache, fever in some cases
- Body ache and fatigue

Common Causes of Cold

- Viruses (esp. rhinoviruses and corona viruses)
- Person to person (through cough, sneezing or hand contact)
- Psychological stress
- Allergic disorders
- Menstrual cycles

Home Remedies for cold

Tip 1: A tablespoon of carom seeds (*ajwain*) crushed and tied in a muslin cloth. Inhale whenever nose is blocked.

Tip 2: Boil 1 tbsp of pepper powder in a cup of milk along with a pinch of turmeric (*haldi*). Add some sugar for taste. Drink this once a day for three days.

Tip 3: 3-4 tsp onion juice with 3-4 tsp honey taken daily prevents cold.

Tip 4: ½ tsp cinnamon oil mixed with ½ tsp honey certainly helps.

Tip 5: Coarsely thrash ginger is boiled in a cup of water till the water reduces to half the original volume, add some honey and drink hot at bedtime.