

# Home Remedy for Cough

## What is Cough?

A cough is a reaction to clear the airways of mucus, phlegm, dust, smoke or a foreign body. Whenever there is an obstruction or inflammation in the throat or in the upper airways, the brain thinks it to be a foreign object and tries to relieve it by coughing. Continuous coughing for more than two weeks needs medical attention.

## Common Causes of Cough

- Viral infection
- Common cold
- Flu
- Smoking

## Other serious causes may include:

- Asthma
- Bronchitis
- Tuberculosis
- Pneumonia
- Clot in the lung or Cancer of the lung

## Home Remedies for Cough

**Tip 1:** Suck on 3 peppercorns with a pinch of black cumin seeds (*shah jeera*) and a pinch of salt.

**Tip 2:** Burn a clove by stirring on a hot tava or pan. Keep this in the mouth and suck on it.

**Tip 3:** 3-5 drops of clove oil mixed with a clove of crushed garlic and ½ tsp honey helps soothe the throat.

**Tip 4:** In a cup of boiling water add 1 tsp turmeric powder and 1 tsp carom seeds (*ajwain*). Boil till half. Add 1 tsp of honey and have 2 times a day.

**Tip 5:** Take 50 gm of sugar candy (*mishri*) with 50 gm pepper powder. Mix with pure ghee to make small pellets and Store. Keep in mouth and suck on them, 3-4 times a day.

## FOR INFANTS:

**Tip 1:** 1 tsp of holy basil leaves (*tulsi*) mixed with honey.

**Tip 2:** Some saffron strands made into a paste with one betel leaf (*pan patta*) is to be applied on the infant's forehead and soles of the feet.