

Ayurvedic remedies for cough(Kasa roga)

For Infants & Toddlers:

1. Mulethi-Can be taken in the form of Mulethi water or kadha. Just take 1 teaspoon of Mulethi powder and add to 1 glass of warm water. Drink this twice a day. Even though the kids may not prefer it much you can also add other spices and make a kadha.
2. Tulsi- chew 4–5 tulsi leaves on empty stomach(early in the morning). You can continue to take Tulsi leaves strengthen your immune systems.
3. Honey-Before going to bed at night, take a teaspoon of honey to reduce the severity of your cough. Continue until the cough does not improve. Take 1 teaspoon of freshly squeezed ginger juice, 1 pinch of black pepper, and some honey in boiling water.
4. Cinnamon-Add 1/4 teaspoon of cinnamon powder to 1 teaspoon of honey. For at least three days, combine and have your kids take it twice daily.
5. Giloy-You can have your kid take two teaspoons of Giloy juice with warm water on an empty stomach in the morning or opt for giloy tablets with some warm water in the morning if your child is comfortable with eating tablets.
6. Ajwain Pouch-Dry roast ajwain seeds and put them in a clean cloth to create a pouch. Gently press this pouch on the infant's chest for a few seconds. The warmth and the aroma of ajwain can help relieve congestion.

For Adults:

1. Pippali-

Pippali Churna:

Take a pinch of pippali churna.

Swallow it with 1 teaspoon honey.

Repeat 1-2 times a day and continue till cold and cough subsides.

2. Sonth-

Sonth with honey:

Take 1/4 teaspoon sonth and add to 1 teaspoon honey.

Mix well and take it twice a day for at least 3 days.

Sonth Goli:

Take 2-3 tbsp of desi ghee in a pan. Keep the flame low.

Add 2-3 teaspoon jaggery powder and let it melt. To this add 2-3 tbsp sonth powder. Mix well.

Allow it to cool.

Shape into bite-sized balls.

You can take 1 goli twice a day.

3. Honey-

Honey in Ginger Juice

Take 1 teaspoon honey.

Add 1 teaspoon of ginger juice and 1 pinch of black pepper.

Take once in the morning and once before going to bed at night to get relief from a sore throat and cough

Ayurvedic treatment approach for dry cough:

To treat 'Vataja Kasa' (most common dry cough) the following treatment plan is followed:

1. Application of oils and/or heat to the prana vaha srota (respiratory system). Eg. Sesame oil massaged into the chest followed by fomentation.
2. Ghrita (medicated ghee) administration. Ghee is prepared using warm or moist expectorant herbs: Kantakari, vasaka, licorice and wild cherry bark.
3. For the digestive system anuvasana basti (oil enema) or niruha basti (decoction enema) is done.
4. Prescription of Sitopaladi Churna. It is a combination of many herbs and spices with chief herb being Vamsa rochana.
5. Use the decoction of Sauf (Ani seeds) as the base water to make coffee or tea.
6. Consume turmeric powder mixed with honey three times a day.

Ayurvedic Formulations for Chronic Cough:

1. Sitopaladi Churn: Sitopaladi Churna is a classic Ayurvedic formulation that combines herbs like Sitopal (sugar candy), Vamshalochana (bamboo manna), Pippali (long pepper), and Ela (cardamom). It is commonly used to relieve cough, congestion, and respiratory discomfort.
2. Talisadi Churn: Talisadi Churna is another well-known Ayurvedic formula that contains herbs like Talisa (Abies webbiana), Vamshalochana, Pippali, and Ela. It helps manage chronic cough, asthma, and bronchitis.
3. Kanakasav: Kanakasava is an Ayurvedic liquid formulation that combines herbs like Vasaka, Kantakari, Guduchi (Tinospora cordifolia), and Bharangi (Clerodendrum serratum). It is beneficial in treating chronic cough, respiratory infections, and asthma.

Reference:-

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