

# COUGH, COLD, AND IMMUNITY

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## Traditional Ayurvedic Remedies

This document outlines traditional Ayurvedic herbal remedies for Cough, Cold, and Immunity. Each remedy includes specific preparation instructions based on classical Ayurvedic texts.

### 1. Giloy (*Tinospora cordifolia*)

**Preparation:**

For fevers and to boost immunity, boil a 4-6 inch piece of fresh Giloy stem in 2 cups of water until it reduces to 1 cup. Drink this decoction twice a day. This is particularly useful for chronic fevers.

*Source: Synthetic PDF - Ashtanga Hridayam on Jwara Chikitsa*

### 2. Trikatu (*Piper nigrum*, *Piper longum*, *Zingiber officinale*)

**Preparation:**

To clear respiratory congestion and relieve a cold, mix 1/4 teaspoon of Trikatu powder with 1 teaspoon of honey and take it 15-20 minutes before meals. This blend acts as a powerful decongestant.

*Source: Synthetic PDF - Sharangdhara Samhita on Agni Deepana*

### 3. Lemongrass (*Cymbopogon citratus*)

**Preparation:**

To relieve cold symptoms and fever, boil a few fresh stalks of Lemongrass in water to make a therapeutic tea. Its warming nature helps balance Kapha dosha.

*Source: Traditional Ayurvedic Practice*

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## DISCLAIMER

This information is for educational purposes only. It is NOT a substitute for professional medical advice. Always consult a qualified healthcare provider before using any herbal remedy.