

Home Remedy for Chest Congestion (Kapha)

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Prep: 5 Cook: 0 Rest: 0 Servings: 1

Ingredients

- 1 tsp ▸ Honey
- 1 ▸ Betel leaf
- 5 ▸ Tulsi leaves

Instructions

1. Prepare Ingredients

Wash the betel leaf and tulsi leaves thoroughly.

2. Add Honey and Drink

Once cooled, add honey to the boiled leaf mixture and drink.

3. Boil the leaves

Boil the betel leaf and tulsi leaves in a cup of water. Tip: Boil until the water reduces.

Source: <https://youtu.be/doKe8sQp-ow>