

Home Remedy for Cough, Cold, and Chest Congestion (Kapha)

This recipe was downloaded from getrex.co.nz. Download the REX app today to extract, organize and manage your recipes.



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

Ingredients

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

Instructions

1. Prepare Ingredients

Wash the betel leaf and tulsi leaves thoroughly.

2. Combine Ingredients

Crush the betel leaf and tulsi leaves slightly. Add honey and mix well.

3. Consume

Consume the mixture. Tips: Drink plenty of water, do steam inhalation, avoid dairy products and ice-cold food. Include onion, garlic, and lemon in your diet.

Source: <https://youtu.be/doKe8sQp-ow?si=6luJRZd1KVOL5tpk>