



# RELIEVE COLD AND COUGH

Vaidya Sushanta Mishra, Patanjali Yogpeeth, Hardwar

***In case of cough due to soreness and swelling in the throat do gargles with lukewarm water mixed with half teaspoon salt, half teaspoon soda bicarbonate and a grain of white or red alum in diluted form every three hours. Do gargles after brushing the teeth, after meals and at bedtime. This gives relief within two to three days. Avoid consumption of oily, sour food like pickles, chutneys etc.***

Cold and cough can attack in any season and anybody can suffer from this common problem. Sometimes people also complain of catarrh. Cough is a symptom of different problems related to the respiratory system. It can also be caused due to liver disorder.

## **Yogic treatment**

- ❖ Neti can be practiced everyday in order to prevent cold, cough and catarrh. Sutraneeti and Jalneti should also be practiced followed by Bhastrika pranayam.
- ❖ Take enema to clear stomach. Dip the feet in hot water once daily or alternate days to clear the lungs.
- ❖ Surya Namaskar, Ushtrasana, Dhanurasana, Halasana and Matsyasana should be practiced daily.
- ❖ Kapalbhati and Bhastrika should also be practiced.
- ❖ Massage the chest and back under sun to clear the lungs. Take bath after this massage.

## **Diet and regimen**

- ❖ Take lukewarm water with lemon and honey four times a day. This overcomes cold and cough and take fruit and vegetable juice for one week along with this remedy for relief.
- ❖ Drink tea made with ginger, cardamom, and black pepper. Take juice, soup and tea at least eight times daily. This rejuvenates the whole body.

Take solid food once a day, and eat fruits and vegetable soups along with ginger tea in the morning and evening. In case of severe cough, add a little bit of honey in ginger juice and take twice daily. Suck Moolhati to relieve cold and cough.

## **Medicinal treatment**

- ❖ Take one gram bhasma of walnut (made along with the shell) with six-gram honey for relief.
- ❖ Place one gram Ajowan in betel leaf and eat it at nighttime to relieve cold and cough.
- ❖ In case of ordinary cough add a little bit of honey in ginger juice and take for relief. Add a pinch of black salt for better results.
- ❖ In case of tuberculosis cough swallow one dry date with one-fourth grain of hemp at bedtime to enjoy sound sleep and overcome cough.
- ❖ Take the cloves of swallowwort flowers and add powdered pipal and rock salt. Make horse bean sized tablets and store safely. Take two to four tablets with milk for relief. Children should be given half dose.
- ❖ Cook 20 gm myrobalan powder, 125 gm milk and 400 gm water on low flame till the milk reduces to half the quantity. Sieve and add six gram clarified butter made with cow milk and take twice daily to control dry cough or severe cough.
- ❖ Prepare tea with 15 basil leaves, nine black seeds and drink to overcome cough,

cold, fever, phlegm, and increase digestive fire.

- ❖ Grind black pepper and sieve with cloth. Take two to four gram twice or thrice daily with honey to control cough.
- ❖ In case of cough in old age (phlegm is produced), keep two gram black salt piece in the mouth and let it melt itself (do not suck it). This gives instant relief on the first day itself.
- ❖ Make ash with dry banana leaves and sieve with cloth. Take it little quantities during summer season with salt and with honey during winters for relief.
- ❖ Grind equal quantities of Harad, baheda, and myrobalan, dry ginger, black pepper and pipal and store it in a glass jar. Take two to three gram with honey and lick it for relieving cough.
- ❖ Grind 10 gm roasted alum and equal quantity of unrefined sugar and take it with milk. In case of phlegmatic cough take 14 pouches of medicine with lukewarm water. This remedy relieves chronic cough and also ordinary conditions of asthma.
- ❖ In case of cough among children apply rapeseed oil inside and outside rectum for relief.
- ❖ Lick three gram linseed powder with honey to relieve cough.
- ❖ In case of dry cough, drink basil leaf decoction twice daily.
- ❖ Take six gram ginger, six-gram black pepper and 20 gm old jaggery. Chop ginger and grind

black pepper. Boil all the things in 250 gm water, till it reduces to one-fourth. Sieve and drink it to relieve cough and cold within two to three days.

- ❖ Grind ten gram medicinal lac (Kakdasinghi) and make pouch of four grain. Take one pouch twice daily to relieve cough.
- ❖ Boil 25 gm milk, 125 gm water, one-piece turmeric powder and jaggery till only the milk remains. Remove from flame and sieve it. Drink it lukewarm to relieve cough.
- ❖ Roast two cloves on hot pan (the clove swells within one minute), remove from flame and grind it. Mix it in spoonful milk and take lukewarm at bedtime. This remedy is very effective in case of cough among children.
- ❖ In case of dry cough eat guava without cutting it with knife for relief. Follow this remedy twice or thrice daily.
- ❖ In case of tonsillitis, rub tamarind seeds on stone with water and apply thick lep on the throat. This overcomes the problem once the lep dries and also controls cough.
- ❖ Mix two to three gram black pepper powder with sugar, sugar candy or honey and clarified butter (mixed in equal quantities) and lick to remove phlegm and control cough.
- ❖ Lick betel leaf juice with honey to relieve cough among children.
- ❖ In case of whooping cough, take two grains of lac powder and mix in three-gram butter and take it

thrice daily.

- ❖ Sometimes children suffer with severe attack of whooping cough, in this case apply a little bit of Vaseline on tongue for controlling the attack of cough.
- ❖ In case of phlegmatic cough due to cold and catarrh, mix half teaspoon Moolhati in two cups of water and boil it till the water reduces to half the quantity. Sieve it and drink for relief. This removes excess phlegm and controls cough. This remedy is useful in case of dry cough also.
- ❖ In case of cough due to soreness and swelling in the throat do gargles with lukewarm water mixed with half teaspoon salt, half teaspoon soda bicarbonate and a grain of white or red alum in diluted form every three hours. Do gargles after brushing the teeth, after meals and at bedtime. This gives relief within two to three days. Avoid consumption of oily, sour food like pickles, chutneys etc.
- ❖ Grind ten gram each of Katha, acacia gum and Moolhati, add little bit of jaggery and boil with ginger juice. Make gram sized tablets and take one tablet twice daily to relieve cough.
- ❖ Suck a piece of turmeric and sleep with one piece of turmeric in mouth for relief.
- ❖ Boil 10 to 12 Adoosa leaves in water till it reduces to glassful. Remove from flame and sieve with cloth. Take two spoons every two hours with water to control cough.