

GOVIND MADHAV COUGH TEA

27 Herbs – Actions in Short

Govind Madhav Cough Tea blended from 27 fast acting botanicals contains many herbal ingredients derived from Bark, Roots, Seeds, Twigs, Leaves, Flowers and Grasses, which have several therapeutic functions. It does not even contain a pinch of caffeine or tannin.

1. **Aconitum heterophyllum** (Ativisha, Indian Atees): Used as an expectorant and for the promotion of hepato-protective activity. **Safety:** 3-5 grams (3-5 masha).
2. **Adathoda Vasica** (Justicia adhatoda, Vasa patra): It bolsters Immunity. Useful in Cold, Congested throat, Cough, Sinusitis, Bronchitis and Asthma. **Safety:** 1-3 grams (1-3 masha).
3. **Argyreia nervosa** (samudra-sokh, Elephant creeper): The powder of the root is given with honey to treat cough, Bronchitis, pharyngitis and improve the voice. **Safety:** 3-5 grams, (3-5 masha).
4. **Caryophyllus aromaticus** (Lavanga, Cloves): It helps to improve functions of bronchial mucus membranes. It is useful in coughs and other respiratory disorders and acts as an **expectorant**. **Safety:** 1-2.5 ratti (0.13-0.3 gm) per day
5. **Cinnamomum tamala** (Tejpatra, Indian Cassia): Tejpatra acts as an expectorant. It is also useful in rheumatism (joint pains). Used in treatment of Diabetes, controls blood sugar levels and cholesterol and Triglycerides. **Safety:** 1-4 masha (1-4 gm) per day.
6. **Cinnamomum zeylanicum** (Dalchini, Chinese cassia): Dalchini is beneficial in deranged kapha. It is expectorant, removes hoarseness of voice. **Safety:** 2.5-10 ratti (0.3-1.25 gm) per day.
7. **Cyperus rotundus** (Nagarmotha, Nut grass): Nut grass is recommended for Cough and Bronchitis in Ayurveda. **Safety:** 3-6 masha (3-6 gm) per day.
8. **Emblica officinalis** (Amla, Indian gooseberry): It helps to **reduce cough**, throat infections and flu. improves body's immunity system. **Safety:** 3-5 grams, (3-5 masha) per day.
9. **Foeniculum vulgare** (Saunf, Indian sweet fennel): It is useful in **cough**, clears phlegm. **Safety:** 4 ratti to 2 masha (0.5-2 gm) per day.
10. **Glycyrrhiza glabra** (Muleti/Yashtimadhu, Liquorice): It is useful in sore throat, hoarseness of voice, **coughs**, colds, bronchitis, laryngitis and **asthma** as an expectorant. It is useful in the inflammatory conditions of bronchial tubes. **Safety:** 1-4 masha (1-4 gm) per day.
11. **Hordeum vulgare L.**, (Yavaksha, Ash of barley): It is used for cough, bronchitis, catarrh, chest congestion.
12. **Illicium verum** (Badian Khatai, Star Anese): It is Used in respiratory tract infections, Cough Bronchitis, Lung inflammation, Asthma. **Safety:** 3-5 grams (3-5 masha) per day.
13. **Inula racemosa** (Pushkaramula, Orris Root): Used in the treatment asthma, chronic bronchitis, pulmonary disorders. It is an expectorant. **Safety:** 2-4 grams, (2-4 masha) per day.

14. **Mentha arvensis** (Pudina, Mint): It is useful where the lungs are congested with catarrh and constricted by spasm, causing wheezing or asthma. It acts as a diaphoretic - clears wind-heat conditions associated with colds & sore throat. **Safety:** 1-4 masha (1-4 gm) per day.

15. Piper longum (Pippali, Dried Catkins): It promotes expectoration thus used for coughs, colds, bronchitis, asthma, wet and 'mucousy' conditions of the lungs. It is a rejuvenative for the lungs. **Safety:** 2-4 ratti (.25-.05 gm) per day.

16. **Piper nigrum** (Kali Mirich, Black pepper): It useful as an expectorant, specific for cold, wet, damp, *kapha* conditions with white, sticky mucus and a productive cough; asthma, bronchitis, pneumonia and sore throats. **Safety:** 2-4 ratti (.25-.05 gm) per day.

17. **Pistacia integerrima** (Kakar singhi, Zebrawood): It is an expectorant used in the treatment of cough, asthma, bronchitis, phthisis, catarrhal fever, enlarged glands. **Safety:** 3-6 grams, (3-6 masha)

18. **Pterocarpus santalinus** (Rakta-chandana, Red sandalwood): The herb is mildly astringent, cooling, tonic, breaks up mucus to make it easier to cough up.

19. **Rosa damascena** (Gulab ke phool, Rose petals): It is an expectorant. **Safety:** 1-3 masha (1-3 gm) per day.

20. Solanum Xanthocarpum (Badi Kateri, Indian Night Shade): Useful in bronchitis, asthma, Sinusitis, Cough and expectoration. The fruit is antiasthmatic. **Safety:** 5-7 masha (5-7 grams)

21. **Terminalia Arjuna** (Arjuna chhal, Bark of Arjuna myrobalan): It helps to alleviate productive coughs with copious mucus in bronchitis and asthma due to excess *kapha*. **Safety:** 1-3 masha (1-3 gm).

22. **Terminalia Bellarica** (Bahera, Belliric Myrobalan): Bahera is Used in cough, asthma and sore throat. It is anti-tussive and expectorant. **Safety:** 5-7 grams (5-7 masha) per day.

23. **Terminalia chebula** (Harad, Chebulic myrobalan): Used as herbal remedy for chronic coughs and breathlessness, wheezing, Cough fits. **Safety:** 5-7 masha (5-7 grams) per day.

24. **Valeriana wallichii** (Sungadhabala, Indian Valerian rhizome): Used in the treatment of cough. **Safety:** 2-8 ratti (.25-1 gm) per day.

25. **Viola Odorata** (Gule Banafsha, Sweet Violet): used for dry or sore throat, stuffy nose, chest congestion, coughs, hoarseness, and Bronchitis and asthma. **Safety:** 5-7 grams, (5-7 masha)

26. **Withania somnifera** (Ashwagandha, Winter cherry): Ashwagandha is full of antioxidants It helps in cough and cold symptoms, and chronic pain. **Safety:** 3 to 5 grams (3-5 masha) per day.

27. **Zingiber officinale** (Saunth, Ginger root): Ginger is a stimulating tonic for the digestive system. It is used in upset stomach, cramping, motion sickness, nausea, vomiting and loss of appetite and aids digestion. Ginger has been shown to reduce hunger, which can help people lose weight. It is used in **Sore-throat**, laryngitis and cold. It helps in arthritis or joint and muscle pain. **It detoxifies the body from toxins.** **Safety:** 1-10 grams (1-10 masha) per day.