

Ingredients

Cough Tea – Details of Herbs Used :

Aconitum heterophyllum (Ativisha, Indian Atees): Used as an expectorant and for the promotion of hepato-protective activity. Used in urinary infections, diarrhea, and inflammation. It has diuretic, antipyretic, analgesic, antioxidant, anodyne, anti-atrabilious, anti-flatulent, anti-periodic, anti-phlegmatic, and carminative properties. It can be used to treat patients with reproductive disorders. Improves Diabetes. Decreases Triglycerides and increase HDL Cholesterol. Improves Migraine and other Headaches. Safety: 3-5 grams (3-5 masha).

Adathoda Vasica (Justicia adhatoda, Vasa patra): It bolsters Immunity. Useful in Cold, Congested throat, Cough, Sinusitis, Bronchitis and Asthma. It promotes gut health and is powerful digestive stimulant, carminative and appetite-stimulant. Useful in Esophagitis, Dyspepsia, Heartburn, Diarrhoea, Flatulence, Peptic ulcer and Gastroesophageal reflux disease. It also helps to eliminate abdominal gas and in turn reduces abdominal distension, bloating and gaseous cramps. It helps in skin diseases, fresh wounds, rheumatic joints and inflammatory swellings. It improves blood count, manages blood pressure and hence prevents a host of heart rhythm disorders. The presence of anti-coagulant and anti-fibrinolytic properties also prevents blockage and formation of clots in the arteries causing heart block. It is also used to treat painful muscle spasms, sore muscles, arthritic conditions, and other inflammatory situations and gout. Helps in treating Uremia Safety: 1-3 grams (1-3 masha).

Argyreia nervosa (samudra-sokh, Elephant creeper): The powder of the root is given with honey to treat cough, Bronchitis, pharyngitis and improve the voice. Useful in Diabetes, Anemia,

Anorexia, & is Adaptogenic, Antiaging, Antiarthritic, Treats Boils, wounds and skin swelling, Reduces Pyoderma and Scabies symptoms, Useful for the treatment of onychomycosis and abscesses, Good for measles, used in rheumatism, disease of nervous system, synovitis and syphilis, Powdered seeds are used in diseases of the urinary tract. Safety: 3-5 grams, (3-5 masha).

Caryophyllus aromaticus (Lavanga, Cloves): Prevents vomiting, reduce pains, used in flatulence and dyspepsia due to its aromatic, carminative, antispasmodic and digestive properties. It promotes digestion of fatty and crude food, promotes nutrition and relieves gastric and intestinal pains and spasms. It helps to improve functions of salivary glands, kidneys, liver and bronchial mucus membranes; infusion helps to allay thirst. It is useful in coughs and other respiratory disorders and acts as an expectorant. It also helps to tone up nervous system. Clove promotes Bone health. Clove is used to relieve toothache, sterilize root canals, also acting as a mouth cavity anesthetic. Used externally, the oil is rubefacient. Safety: 1-2.5 ratti (0.13-0.3 gm) per day

Cinnamomum tamala (Tejpatra, Indian Cassia): Tejpatra acts as an expectorant. It acts as a carminative, gastric stimulant, appetizer and mouth refresher, gives soothing aroma – fragrance. It is useful in flatulence (excessive formation of gases in stomach and intestine), dyspepsia (Indigestion), relieves colic (intestinal spasms). 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.

Cinnamomum zeylanicum (Dalchini, Chinese cassia): Dalchini is beneficial in deranged kapha, stimulates body's metabolism, helps in cutting belly fat so help you lose weight. It is expectorant, removes hoarseness of voice. It increases appetite, destroys toxins, cardiac tonic, increases semen,

imparts strength. Cinnamon is one of the best weight loss herbs because it helps to stabilise blood sugar level, keeps you full for a longer time, decreases hunger pangs and metabolises fats at a faster rate. It is a carminative, antispasmodic, aromatic and stomachic. It is useful in flatulence, dyspepsia, and diarrhea and vomiting. Safety: 2.5-10 ratti (0.3-1.25 gm) per day.

Cyperus rotundus (Nagarmotha, Nut grass): It relieves spasms and pain, acting mainly on the digestive system and uterus. They are used internally in the treatment of digestive problems and menstrual complaints. It acts as a carminative, stomachic, demulcent and tonic. Nut grass is recommended for Cough, Bronchitis, fevers and obesity in Ayurveda. It is soothing tonic, good for Skin care and Hypertension. Safety: 3-6 masha (3-6 gm) per day.

Emblica officinalis (Amla, Indian gooseberry): Stress reliever which helps induce sleep and relieve headaches. It helps to reduce cough, throat infections and flu. It is diuretic, detoxifying, digestive, astringent, improves body's immunity system. Amla is known for its immunity-boosting properties and is known to be a great remedy for diabetes. It is antioxidant, rich source of iron & helps in absorbing calcium which is an essential element for teeth, bones & hair. It helps reduce wrinkles, dark circles and other signs of aging. It also protects the body from radiation. It helps to improve concentration power and memory skills and reduces Stress. It boosts metabolism which helps reduce body fat. It has, antioxidant, anti-inflammatory properties. Safety: 3-5 grams, (3-5 masha) per day.

Foeniculum vulgare (Saunf, Indian sweet fennel): It is used in Digestive discomfort; flatulence, borborygmus, cramps, nausea. It is an aromatic, carminative, stomachic. gastro-intestinal relaxant, soothing spasms in the smooth muscles of intestinal tract known to treat hyperacidity. Useful in

cough. clears phlegm. It induces perspiration and urination and is useful in difficult urination, burning and dark yellow urine, cloudy urine. Its diuretic properties clear pitta from mutravahasrotas. It tonifies the brain and nervous system & useful in gout. & obesity. Safety: 4 ratti to 2 masha (0.5-2 gm) per day.

Glycyrrhiza glabra (Muleti/Yashti madhu, Licorice, Sweet wood): It reduces hyperacidity, gastric discomfort, spasms and pains. It improves liver functions & relieves constipation. It is useful in sore throat, hoarseness of voice, coughs, colds, bronchitis and asthma as an expectorant. Licorice is useful in painful urination, ulcers, mucous membrane looseness, laryngitis, general debility. It is useful in the inflammatory conditions of bronchial tubes and bowels. It strengthens & modulates the immune system and has shown remarkable immuno-stimulant and antioxidant properties. As a tonic and refrigerant it rejuvenates the body and calms the nervous system. It has soothing fragrance. Due to its anti-inflammatory properties, Licorice is used in arthritis. Safety: 1-4 masha (1-4 gm) per day.

Hordeum vulgare L., (Yavaksha, Ash of barley): It is used for cancer (stomach and uterus), and abdomen tumors, bronchitis, burns, catarrh, chest, chilblains, cholecystosis, cholera, cough, debility, diarrhea, dyspepsia, fever, measles, inflammation, phthisis, puerperium, sores, and urogenital ailments. It is also used as a poultice for burns and wounds.

Illicium verum (Badian Khatai, Star Anese): Useful in digestive tract problems, upset stomach, loss of appetite, dyspepsia, flatulence, spasmodic pains and dysentery. It is Used in respiratory tract infections, Cough Bronchitis, Lung inflammation, Asthma. Also useful in arthritis. Helps in increasing the flow of breast milk, promoting menstruation and easing child birth. Safety: 3-5 grams (3-5 masha) per day.

Inula racemosa (Pushkaramula, Orris Root): Used in the treatment asthma, chronic bronchitis, pulmonary disorders, skin diseases, cardiac disorders, obesity & diabetes. It has Anti-inflammatory, analgesic, antifungal, antibacterial, hepatoprotective, anti-allergic, antioxidant, anti-asthmatic, adaptogenic, adrenal beta blocking, hypoglycemic and cardioprotective activity. It is an aromatic tonic, febrifuge, and expectorant. carminative, diuretic, and has antiseptic properties. Used in Rheumatism. Safety: 2-4 grams, (2-4 masha) per day.

Mentha arvensis (Pudina, Mint): It is an Aromatic, Carminative, Stimulant, Antispasmodic, Stomachic and Emmenaagogue. It is very good for stomach bloating, hiccups, indigestion, flatulence, irritable bowel syndrome, ulcers, nausea, and anorexia. 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 and influenza with fever, headache, sore throat, and red eyes (conjunctivitis). Moreover, it is considered effective for mild cases of hives, allergy rashes, toothaches, and mouth ulcers. Safety: 1-4 masha (1-4 gm) per day.

Piper longum (Pippali/Pipli, Pipplamula, Dried Catkins): This helps to improve body's metabolism and thus promotes weight loss by eliminating toxins from the body. It Aids in weight loss. It promotes expectoration thus used for coughs, colds, bronchitis, asthma, wet and 'mucousy' conditions of the lungs. It is a rejuvenative for the lungs. It is carminative helps in digestion, relieves nausea and painful abdomen & flatulence. It has a protective effect on liver. It is useful in joint pains, stiff joints, rheumatic pains, sciatica, gout, epilepsy, and paralysis. The herb is also believed to improve vitality. Long Pepper is also thought to increase one's lifespan. Safety: 2-4 ratti (.25-.05 gm) per day.

Piper nigrum (Kali Mirich, Black pepper): It acts as an aromatic, stimulant, stomachic, analgesic, carminative, and expectorant. It helps to increase enzymatic secretions in gut. Useful in anorexia, low appetite to stimulate hunger and interest in food, improves sluggish digestion, borborygmus, removes colonic toxins, helps in diarrhea relieves abdominal colic pain and nausea. useful part of many diabetes treatments. 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.

Pistacia integerrima (Kakar singhi, Zebrawood): It is expectorant, anti-asthmatic, used in the treatment of cough, asthma, bronchitis, phthisis, catarrhal fever, enlarged glands. It is useful in Vomiting, Diarrhoea & Dysentery. It is astringent, anti-dysenteric, and styptic. It improves appetite. Used externally on obstinate skin diseases, bleeding gums, epistaxis, leucorrhoea, and other mucous discharges. It is spermatogenic and given for improving vigor and vitality. Safety: 3–6 grams, (3-6 masha)

Pterocarpus santalinus (Rakta-chandana, Red sandalwood): The herb is mildly astringent, cooling, tonic, breaks up mucus to make it easier to cough up. It is beneficial in fever, dysentery and haemorrhage. It is Digestive, and used in Bowel and Bilious affections. It strengthens Eyesight. It is applied externally in the form of paste in headache, inflammations, boils, piles and in ophthalmia. Safety:

Rosa damascena (Gulab ke phool, Rose petals): Mildly astringent, aperient (Mild purgative), carminative, and refrigerant (Cooling effect), cardiac tonic, expectorant, laxative and Aromatic (gives soothing aroma (fragrance) and stimulates appetite). Rose's nourishing effect on majja dhatu

make it useful for nervous depression and anxiety. Its cooling quality can reduce symptoms of high pitta; red tongue tip, agitation, palpitations and headaches behind the eyes. Good for gastric ulcers, gastric inflammation, acidity, enteritis and heartburn. Roses can help with fat metabolism and hence help to reduce blood lipid levels. Safety: 1-3 masha (1-3 gm) per day.

Solanum Xanthocarpum (Badi Kateri, Indian Night Shade): Useful in bronchitis, asthma, Sinusitis, Cough and expectoration. Used for fever relieving and thirst. Helps in rejuvenation. Given in dysuria and urinary concretions. The fruit is laxative. It has several pharmacological effects like antipyretic, antitumor, hypotensive, antianaphylactic, antiasthmatic, and aphrodisiac activities. Safety: 5-7 masha (5-7 grams)

Terminalia Arjuna (Arjuna chhal, Bark of Arjuna myrrobalan): It is cardioprotective, cardiotonic, hypolipidaemic, hepatoprotective, alterative and diuretic. The plant is the most effective herbal remedy for heart diseases & high blood pressure. It helps to alleviate productive coughs with copious mucus in bronchitis and asthma due to excess kapha. Plant bark is used in dysentery, diarrhea, insufficient absorption and other bowel and bilious affections and helps in diseases of liver. It also has a tonic and diuretic effect in cases of cirrhosis of the liver. The plant is used to boost one's metabolism, increase blood circulation and energize the body. Safety: 1-3 masha (1-3 gm).

Terminalia Bellarica (Bahera, Belliric Myrobalan): Bahera is antioxidant, anti-spasmodic, Liver protective, cardio-tonic and digestive. Relieves constipation, It has adaptogenic and brain-boosting properties thus enhancing concentration, memory capacity, focus, calmness, alertness of an individual. Used in cough, asthma and sore throat. It has anti-tussive and expectorant and Anti-

allergic properties. Used in high blood pressure patients. Used in mouth ulcers, skin rashes, and hair problems. Used in the treatment of insomnia. Also used to reduce weight. Safety: 5-7 grams (5-7 masha) per day.

Terminalia chebula (Harad, Chebulic myrobalan): used as herbal remedy for chronic coughs and breathlessness, wheezing, Cough fits. It is diuretic, astringent, cardiogenic in action. It is a safe and effective purgative, laxative, and alterative. Improves immunity. Also useful in weight loss. It is good to increase appetite, digestive aid, liver stimulant, stomachic, gastrointestinal prokinetic agent.. It is used in nervous weakness, nervous irritability. Safety: 5-7 masha (5-7 grams) per day.

Valeriana wallichii (Sungadhabala, Indian Valerian rhizome): This herb stimulates and soothes nervous system (nervine tonic). It helps in Vertigo, stress, neuralgia, nervous exhaustion, nervous debility, migraine, fainting, epilepsy (convulsions), insomnia & delirium. It is useful in reducing spasms (antispasmodic), stimulating the stomach (stomachic), reducing flatulence & acts as a carminative. Used in the treatment of palpitations & cough. It is used in menstrual spasms & dysmenorrhea. It is useful in chronic skin conditions. The plant is also potent of eliminating harmful substances, accumulated in joints, blood, nerves, and the bowels. Safety: 2-8 ratti (.25-1 gm) per day.

Viola Odorata (Gule Banafsha, Sweet Violet): Sweet violet is used for nervous strain, stress, hysteria, physical and mental exhaustion, insomnia and anxiety. Used in menopause (hot flashes), depression and irritability. Also used for abdominal pain, swelling (inflammation) of the stomach and intestines, heartburn, gall bladder disorders, and loss of appetite. used for dry or sore throat, stuffy nose, chest congestion, coughs, hoarseness, and Bronchitis and asthma. Other uses include

treating pain in the minor joints, fever, skin diseases, headache, trouble sleeping (insomnia). Used in herbal combinations for involuntary urination (incontinence) in older people, bed-wetting, irritable bladder, and prostate conditions. Other uses include treating the inability to sleep (insomnia) and improving deep sleep. It is used as a cardio-tonic, and tonic for brain, liver. Safety: 5-7 grams, (5-7 masha)

Withania somnifera (Ashwagandha, Winter cherry): Ashwagandha because of anti-diabetic properties helps in treating diabetes. Ashwagandha significantly reduced blood sugar, hemoglobin A1c (HbA1c), insulin, blood lipids, and oxidative stress markers. It helps stimulate cells to take in glucose from your blood stream. Ashwagandha helps in increasing insulin secretion and improves insulin sensitivity in muscle cells, thus being extremely beneficial for diabetics. It helps relieving stress and thus promotes weight loss. This increases your overall energy and helps you during your intense workouts. Ashwagandha is full of antioxidants that are essential for weight loss and overall well-being. It helps in cough and cold symptoms, and chronic pain. Flowers have potent diuretic and aphrodisiac properties which is used for improving fertility and treating kidney problems such as kidney stones. The root has potent aphrodisiac, diuretic, antioxidant, anti-depressant, Safety: 3 to 5 grams (3-5 masha)

Zingiber officinale (Saunth, Ginger root): Ginger has potential blood-sugar controlling mechanism. Basically, ginger tends to inhibit enzymes that affect how carbs are metabolised and insulin sensitivity as a whole, thereby leading to greater glucose absorption in the muscles. Ginger also has the potential to help reduce the risk for diabetes complications due to its lipid-lowering effects. Ginger supplementation significantly reduced the levels of fasting blood sugar, hemoglobin A1c, apolipoprotein B, apolipoprotein B/apolipoprotein A-I and malondialdehyde Ginger increases the flow of saliva and 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 increases the peripheral circulation and detoxifies the body from toxins associated with rheumatism. It has anti-inflammatory effect (reduces pain and swelling). It is also sometimes promoted for arthritis or joint and muscle pain. Can be used topically for inflammatory conditions such as Rheumatoid arthritis, Osteoarthritis, bursitis and muscle sprains. Safety: 1-10 grams (1-10 masha) per day.