

Home Remedies for Cough: Causes and Effective Treatment

Cough is a symptom of any kind of obstruction in the respiratory tract. Actually, it is not a disease. Coughing is a reflex activity to clear your airways of phlegm, mucus and irritants. It can be caused by viral infection in your upper respiratory system. Viral infections include; influenza, laryngitis, popular cool, and bronchitis. These viral infections can too disperse to the lower respiratory system to induce a coughing.

Home Remedies for Cough

Grapes: Grapes are helpful in toning the lungs and act as expectorant. Simple cough is relieved through its use in a few days. Mixture of honey and grapes are very useful home remedies for cough.

Turmeric: The root of turmeric plant is very effective in dry cough. The turmeric plant root should be roasted and powdered. This powder should be taken in three gram doses with milk or water twice daily in the morning and evening.

Aniseed: It is useful and safe home remedies in hard dry cough with difficult expectoration. It breaks up mucus. Aniseed tea should be taken regularly for treating cough and cold naturally.

Almonds: It is very effective home remedies in dry coughs. It should be soaked in water for about 2-3 hours. It should then be ground well to form a fine paste and 25 grams each of sugar and butter added to it. This paste should be given in the morning and evening to treat cough and cold.

Onion: It is very valuable herb in treating cough. Onion should be chopped fine and juice extracted from it. This juice mixed with honey and kept for 4-5 hours will make an outstanding cough syrup. It is also helpful in removing phlegm. Take onion juice and lime juice in equal quantity and boiled with one cup of water and add honey for taste. This is very effective and safe home remedies for cough and cold. It should be taken two or three times a day.

Useful Tips for Treating Cough

- Drink plenty of water
- Use a vaporizer
- Take steamy shower
- Don't smoke and stay away from smoking area
- Cough drops or hard candy
- Inhaler

Note: Antibiotics should not used to handle coughs because they are not killing viruses, they simply efficient in bacterium killing.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

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About the Author

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