

AYURVEDIC COLD AND COUGH SYRUP

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ABSTRACT

Nyctanthes arbor-tristis (Parijat) leaves have really good health supporting properties.

Their all beneficial essence is extracted in this syrup, making it for medicinal use. Its impression starts with its colour and smell. Ocimumteniflorum (Tulsi), Dry Ginger powder, Cinnamon powder, Honey and Licorice powder are also the constituents used in the syrup as they also have medicinal uses.

It is basically an ayurvedic medicine as its historical roots are from India. Now-a-days people are moving towards Ayurvedic treatments rather than homeopathy and allopathy treatments as Ayurvedic medicines have less side-effects towards the body. So, in short Ayurvedic Cold and Cough Syrup has less side-effects towards body as it is prepared naturally without adding any harmful chemicals that may effect on other body parts^[1]. This stands as a convenient method.

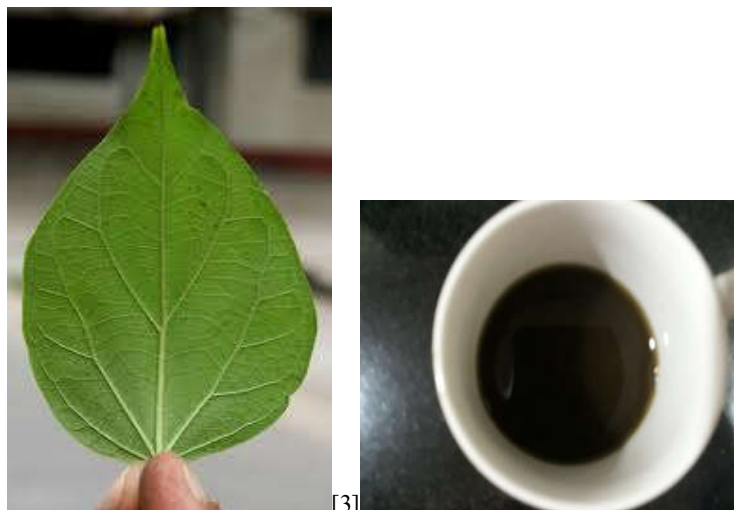
Keywords- Ayurvedic, Cinnamon powder, Ocimumteniflorum (Tulsi), Licorice, Medicinal, Naturally, Nyctanthes arbor-tristis (Parijat).

I.INTRODUCTION

Ayurvedic Cold and Cough Syrup is an ancient Cold and Cough Syrup used in India. This research started with the question of how can we make something natural and less harmful to the body. After a lot surfing we concluded the leaves of parijat as main constituent. Nyctanthes arbor-tristis leaves were chosen as it consists of all qualities we needed. It is very less toxic.

II.PROCEDURE

1. Boil the 2 to 3 cups of water for 10 to 15 minutes.
2. Put 9 to 10 leaves of Nactanthes arbor-tristis in the boiling water along with 4 to 5 leaves of Tulsi, 2 sticks of Cinnamon and 1 teaspoon of Licorice powder.
3. Boil the mixture for 5 to 7 minutes until the extract of the ingredients mixes with water.
4. Filter the mixture with the help of a strainer.
5. Let the mixture cool down and then add honey. (If needed).



III. BENIFITS

1. D-mannitol: It is a type of sugar alcohol which is used in medication. It helps in relieving pressure in the eye. Formula($C_6H_{14}O_6$)^[1]
2. B-sitosterol: It has potential to reduce blood cholesterol level. Formula($C_{29}H_{50}O$)
3. FlavanolGlycosites: It has ability to block bacterial and viral adhesion, basically it is a drug and also activates metabolism.
4. Astraglin: It prevents the infection caused by protozoal organism. Formula($C_{21}H_{20}O_{11}$)
5. Nicotifloring: It reduces cerebral damage and upregulates the endothelial cells. Formula($C_{27}H_{30}O_{15}$)
6. Olcanolic acid: It is a major protector of cells against oxidative and electrophile stress. It is a powerful inhibitor of cellular inflammatory process. formula($C_{30}H_{48}O_3$)
7. nychthantic acid: It also works like olcanolic acid. Formula ($C_{30}H_{48}O_2$)
8. Tannic acid: It accelerates blood clotting, reduces blood pressure, produces liver necrosis and modulates immune-responses. Formula($C_{76}H_{52}O_{46}$)
9. Ascorbic acid: Ascorbic acid contains Vitamin -C and Vitamin-E which helps body absorb iron needed for red blood cell production. Formula($C_6H_8O_6$)
10. Methyl Salicylate: reduces joint and muscular pain causing relaxation to the body.
11. An amorphous resin: Increases the solubility and enhances calcium. Also strengthens the connective tissues.
12. Trace of volatile oil: It prevents vomiting and Musca. It has antimicrobial, antifungal and antioxidant properties.
13. An amorphous glycoside: It helps to reduce headache. And controls body temperature.
14. Carotone : It is a precursor of vitamin A. It helps to keep healthy skin, mucus membranes, immune system and good eye health. Formula($C_{40}H_{56}$)
15. Friedeline : It increases vascular permeability. Formula($C_{30}H_{50}O$)
16. Lupal : It is a antiprotozoal, antimicrobial and anti-inflammatory. It has chemo preventive properties. Formula($C_{30}H_{50}O$)

17. Mannitol: Increases urine production, helps to keep the kidneys from shutting down and also speeds up elimination of certain toxic substances in the body. Formula($C_6H_{14}O_6$)
18. Glucose: Glucose is a source of energy and all the cells and organs in your body need glucose to function properly.
19. Fructose: It is metabolized by insulin independent pathway in the liver, intestinal walls, kidney and adipose. Formula($C_6H_{12}O_6$)
20. Benzoic acid: It cures viral and bacterial diseases, it was used as an expectorant, analgesic and antiseptic in early 20th century.
21. Iridoid glycosides: One of the most powerful properties of iridoids is their antioxidant power. We use it in green tea
22. Ginger: possible health benefits include relieving nausea, loss of appetite, motion sickness and pain.
23. Cinnamon: People use cinnamon as supplement to treat problems with digestive system, diabetes, loss of appetite. It is also used for bronchitis
24. Licorice powder: helps relieve sore throat, bronchitis, cough and infections caused by bacteria or virus.
25. Clove: Clove essential oil can help treat infections.
26. Water: used in experiment as a solvent. It has essential minerals also.

IV. OBSERVATIONS

- Brownish liquid in colour
- Contain all the chemicals to cure cold and cough
- Odorless and mildly bitter in taste

V. CONCLUSION

It can be used worldwide as a cold and cough syrup as it is made by naturally and scarcely available ingredients. This converges to a syrup that has far less side effects than existing syrups. It can be stored for at least six months without using food grade preservatives.

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VII. REFERENCE

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