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Review Paper

A Review on: Natural Herbal Candy for Cough and Cold Relief in Pregnancy

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ABSTRACT

Cough and cold are common symptoms associated with various medical condition. While synthetic antitussive and expectorants are widely available, there is a growing demand for natural, palatable alternatives that minimize side effects. Key words known for their anticough, anticold and antiallergic properties, such as Black Pepper (*Piper Nigrum*), Ginger (*Zingiber Officinale*), Turmeric (*Zingiberaceae*), Nutmeg (*Myristicaceae*), Tulsi seeds (*Lamiaceae*), Guduchi (*Menispermaceae*) are selected based on their therapeutic potential. These ingredients are formulated into a palatable and convenient candy dosage form. The findings are expected to contribute to the development of effective herbal-based intervention in the field of natural medicine

INTRODUCTION

Prolonged acute coughing in children is the most common presenting symptoms to general practitioners and persistent cough is commonly referred to paediatricians for further investigation and treatment.

Herbal Cough and Cold Candy

Herbal cough and cold candies are a type of herbal remedy designed to provide relief from coughs and cold symptoms. These candies typically contain natural ingredients that are believed to have soothing and therapeutic properties for respiratory

ailment. Herbal cough and cold candies are often made with a combination of herbs and other natural ingredients known for their potential benefits in alleviating cough and colds. Common herbal benefits, the effectiveness of herbal cough and cold candies can vary, and their use should not replace medical advice or prescribed treatment. If you're experiencing persistent or severe symptoms, it's always a good idea to consult with a healthcare professional.

Advantages:

Herbal cough and cold candies are a unique approach to addressing cough and cold symptoms.

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While the effectiveness and benefits may vary depending on the specific ingredients and formulation, here are some potential advantages associated with herbal cough and cold candy:

Soothing properties: Herbal cough and cold candy often contain ingredients known for their soothing properties, such as honey, menthol, or ginger. These ingredients can help alleviate throat irritation, ease coughing, and provide a soothing sensation.

Natural ingredients: Herbal candy are typically made from natural herbs and plant extract. They may contain ingredients like ginger, licorice root, which have been traditionally used for their therapeutic properties. Natural ingredients can be appealing to individuals who prefer a more holistic or plant-based approach to managing cough and cold symptoms.

Portability and convenience: Candy are a portable and convenient way to deliver herbal remedies. They are easy to carry around and can be consumed discreetly when needed. This can be particularly useful for individuals who are on the go or have difficulty swallowing pills or syrups.

Potential cough suppression: Some herbal ingredients found in cough candy, such as menthol or eucalyptus, have cough-suppressing properties. These ingredients may help reduce the frequency and severity of coughing, providing temporary relief from cough symptoms.

Taste appeal: Candy often come in various flavours, which can make them more enjoyable to consume, especially for children who may be reluctant to take other forms of medication. The pleasant taste can help distract from throat irritation and provide a temporary sensation of relief.

Disadvantage:

While herbal cough and cold candies may offer some potential benefits. It's important to be of

their potential disadvantages as well. Here are a few:

- Heat labile drug cannot use in this formulation because of the high temperature required for preparation.
- Drug having minimum bitter taste are suitable.
- Heat stable drug are suitable.
- Not suitable for diabetic patients.

Herbs used in herbal candy

1.Honey

Honey is a natural sweet substance produced by honeybees from the nectar of flowers. It has been used by human for thousands of years as a sweetener and for its medicinal properties. Honey is composed primarily of sugars, such as fructose and glucose, and contains small amount of mineral, enzymes, vitamins, and antioxidants. Honey has been used in traditional medicine for its potential health benefits. It is believed to have antibacterial properties and can be used topically to aid in wound healing. Honey is also used as a natural cough suppressant and has been studied for its potential antioxidant and anti-inflammatory effects. When using honey, it's important to note that it is still a form of sugar and should be consumed in moderation.



Figure-1: Honey

2.Liquorice

Liquorice, also spelled licorice, is a plant that belong to the Glycyrrhiza genus. It is known for its distinctive sweet flavour and is often used as a confectionery ingredient or flavouring agent. The primary active compound in liquorice is glycyrrhizin, which is responsible for its characteristic taste. Liquorice has been used for centuries in traditional medicine for its various health benefits. Liquorice is commonly used as a flavouring in candies, sweets, and chewing gums.



Figure-2: Liquorice

3.Carom Seeds

Ajwain, also known as carom seeds or bishop's weed, is a spice commonly used in India cuisine and traditional medicine. It is derived from the seeds of the Ajwain plant (*Trachyspermum ammi*), which belong to the Apiaceae family. Ajwain is also used as a home remedy for common colds, cough, and respiratory issues. However, scientific research on its medicinal properties is limit. Ajwain act as a natural cough suppressant. It can help calm down coughing fits and reduce the intensity and frequency of coughing.



Figure-3: Carom seeds

4.Ginger

Ginger is a flowering plant that belong to the Zingiberaceae family. Ginger has a long history of culinary and medicinal use in various culture around the world. Ginger may help alleviate cough symptoms. It has expectorant properties that can help loosen mucus and phlegm, making it easier to expel. You can consume ginger tea or make a ginger-infused honey syrup by combining grated ginger and honey, and take a teaspoon of it as needed.



Figure-4: Ginger

5.Black Pepper

Black pepper is a commonly used spice that has been traditionally used for its potential health benefits, including its ability to provide relief from cough and cold symptoms. While black pepper alone may not cure a cough or cold, it can be used as a complementary remedy to help alleviate certain symptoms. Black pepper may help suppress coughing. Nasal congestion relief, warning effect and can help relieve nasal congestion.



Figure-5: Black pepper

6.Turmeric

Turmeric is a popular spice commonly used in cooking, and it also has several potential health benefits. While there is limited scientific research specifically focused on turmeric's effects on cough and cold, it does possess certain properties that may be beneficial for respiratory health. Turmeric contains a compound called curcumin, which has strong anti-inflammatory effects. Turmeric's anti-inflammatory properties may help alleviate inflammation and reduce associated symptoms.



Figure-6: Turmeric

7.Nutmeg

Nutmeg, also known as Jayphala, is a popular spice derived from the seed of the *Myristica fragrans* tree. It has a warm, slightly sweet flavor and is used in both culinary and traditional medicine practices. Nutmeg has been used in traditional oral care practices. It may have antimicrobial properties that can help fight oral bacteria, the volatile oils in Nutmeg provide a soothing effect on the throat, reducing the cough and that help fight minor throat infections.



Figure-7: Nutmeg

8.Fennel Seeds

Fennel seeds, derived from the *Foeniculum vulgare* plant, have been used for culinary and medicinal purposes for centuries. They have a distinctive licorice-like flavor and aroma. Fennel seeds have expectorant properties that can help loosen mucus and phlegm, making them useful in managing respiratory conditions such as coughs, bronchitis, and asthma. Fennel seeds can be beneficial in managing cough and cold symptoms due to their soothing properties and potential respiratory benefits. Here's how fennel seeds can be used for cough and cold relief.



Figure-8: Fennel seed

9.Clove

Clove is a versatile spice that is widely used in cooking and traditional medicine. It is derived from the flower buds of the clove tree (*Syzygium aromaticum*) and has a strong, aromatic flavor and a warm, sweet taste. Clove has been used to

alleviate respiratory conditions such as coughs, colds, and sinusitis. It may help to relieve congestion, reduce inflammation, and soothe respiratory passages. Clove oil is sometimes used in steam inhalation or as an ingredient in chest rubs.



Figure-9: Clove

10. Tulsi Seeds

Holy basil, (*Ocimum tenuiflorum*), flowering plant of the mint family (Lamiaceae) grown for its aromatic leaves. Reduce phlegm, the ancient herb, has positive action on the respiratory system. Tulsi or holy basil helps to effectively liquefy the phlegm. It may also help reduce cough caused due to allergic bronchitis, asthma, and eosinophilic lung disease. Almost all parts of Tulsi- seeds, leaves, and roots- have medicinal value and have been used both internally and externally.



Figure-10: Tulsi seeds

11. Guduchi

Guduchi is composed of dried, mature stem fragments from the *Tinosporacordifolia* plant, belonging to the Menispermaceae family. This herb, commonly referred to as Giloy, holds great significance in Ayurveda and is widely employed in the treatment of fever, respiratory ailments, diabetes, anaemia, cardiac disorders, and more.



Figure-11: Guduchi

CONCLUSION

Herbal cough and cold candy, crafted from natural ingredients like ginger, honey, turmeric, guduchi, and essential oils, offers a holistic and soothing remedy for respiratory discomfort. These candies harness the therapeutic properties of time-tested herbs and spices, providing relief from cough, sore throat, and cold symptoms while promoting overall wellness. The polyherbal candy have been developed by thorough study of herbs, followed by thorough study of herbs, followed by optimization of formulation dosage. The study carried out has endorsed the quality and effectiveness of the polyherbal candy. This study reveals that the candy are suitable dosage form for the symptomatic relief of cough, cold and flu. They are the foremost natural and easiest route of drug administration.

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