

Cough Reliefe Candy

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Abstract—In children's, cough, viral infection is most common disease. A good quality jaggary has golden yellow colour, hard – crystalline texture, sweet taste. Jaggary improves digestion, helps cleaning the liver, relieves treatment of bronchial or lungs infection and pre- menstrual syndrome. Cough candy are intended to be taken orally and melted slowly to relieve sore throats caused by colds, cough and flu. These treats are made with natural ingredients to help relieve cough. Ginger are herb which relieves nausea, it also boosts immunity, it support-digestion, anti-inflammatory effect and anti-oxidants effects and it reduces menstrual pains.

Index Terms—Cough, Ginger, Jaggary, Black salt, Turmeric powder.

I. INTRODUCTION

Herbal plants and formulation are used for many type of diseases like cough, viral infection and many other diseases. In cough there are many types of herbal plants are used for that i.e., Ginger, Tulsi, Honey, Clove.¹

In that whole plants are used for making herbal cough candy since a many years.² Herbal plants products are used for the basis of many scientific treatments for humans.³ Herbal products are not only the most effective, but are extremely not toxic.⁴

Jaggary can be added with some different natural flavour, like black peper, ginger, cardamon.⁵ The article is based on the formulation of medicated tetra-herbal candy containing natural ingredients and its evaluation.

Herbs play important role for medicinal purpose. Ginger are used being in Indian system of medicine during cold and cough candy have fast an relief medication. Therefore, we investigate and prepare this Herbal Cough Relief Candy.⁶



Fig 1.1. Cough Relief Candy

II. INGREDIENTS USED IN HERBAL CANDY

- Ginger Extract
 - Jaggary
 - Black salt
 - Turmeric powder⁷
- Ginger:
- Ginger (*Zingiber officinale* Roscoe), which belongs to the Zingiberaceae family and the Zingiber genus.
 - It is an aromatic root commonly found in our kitchen, has been used for centuries as a natural remedy for various illness. When it comes to cough and cold ginger offers several potential benefits.
 - It having properties like Anti – inflammatory property, anti- bacterial action, anti – viral effects, it helps in heals from menstrual crumps, elixir from cold, improve brain health.
 - It relieves from nausea.



Fig. 1.2 Rhizomes of Ginger

❖ Uses of Ginger:

• Anti – inflammatory:

Ginger has gingerol and zingeron contains of anti-inflammatory properties that help to decrease throat and sinus infection that may helpful in relieving discomfort to the user by chewing the candy.

• Anti -oxidant:

Ginger is a rich source of anti – oxidants that can helps to fight off infection and improve immunity which is helpful in recovering from cold and flu faster.

• Expectorant properties:

Ginger candy encourages liquefying and loosening of mucus in the sinuses and lungs thereby making it easy to expectorant mucus, thus reducing blockage of nose and throat.

• Soothing Effects:

The warming effect of ginger may relieve soreness in the throat, as well as reduce coughing and causes a relief sensation.⁷

• Digestive Benefits:

In addition to its soothing quality ginger candy often contains ginger oil or extracts that calm an upset stomach or prevent vomiting usually seen with colds or even cough helps in good digestion and helps to improve the action of digestive system.⁸

➤ Jaggary:

- Jaggary which is made from sugarcane, is Saccharum officinarum L. is typically made species in India.
- It is a sweetening agent.
- It also, have properties like aids in digestion and reduces constipation.
- It controls body temperature.
- Helps in skin problems, improve vision.
- It is a source of iron.

- It gives relief from joint pain, it also, prevent constipation.



Fig. 1.3 Fresh Jaggary

❖ Uses of Jaggary:

• Soothes sore throat:

The thick, smooth texture of jaggary coats the throat, which helps to alleviate the irritation and dryness that causes a persistent cough. This gentle, calming effect provides immediate relief.

• Clears congestion:

In ayurveda, jaggary is, consider a natural cleansing agent for the body’s airways. It helps to reduce the buildup of mucus and phlegm in the respiratory tract, making it easier to breath and suppressing the urge to cough.

• Boosts Immunity:

Jaggery is a good source of minerals and antioxidants like selenium and zinc, which can strengthen the immune system and help the body fight off infections that causes respiratory illness.

- Act as a Natural sweetener
- Serves as a Natural carrier
- Provides a Warming effect

Because of its “HOT” potency in traditional medicine, jaggery can help the body produce warmth. This effect is particularly beneficial for treating winter-related colds and cough.⁹

➤ Black salt:

- We also used a black salt in it, because it gives benefits like, it improves blood circulation.
- It gives relieves muscle cramps.
- Helps in weight loss.
- Deep clean-ness skin.
- It cure dandruff and hair-fall.¹⁰



Fig. 1.4 (Black Salt)

❖ Uses of Black Salt:

• Aids Respiratory issues:

Black Salt, known as Kala Namak, is traditionally believed to have expectorant properties that help loosen phlegm and clear mucus from the respiratory passages. It is often combined with other herbs and species in home remedies for cough and congestion.

• Soothes the throat:

The mineral content in black salt is thought to have a soothing effect on an irritated or dry throat, which is a common cause of coughing. Gargling with warm water and black salt can help soothe inflamed tonsils.

• Boosts Digestion:

Traditional remedies also link respiratory health to digestion. Black salt is known to stimulate digestion and help with issues like gas and bloating. According to Ayurvedic principles, improving the digestive fire can help address broader health concerns, including those related to the respiratory system.

• Enhances flavour and palatability:

The distinct sulfurous flavour of black salt can be a unique and appealing addition to cough candies, especially in combination with traditional ingredients like jaggery, ginger or black pepper. This makes the medicinal candy more palatable and easier to consume.

• Provides essential Minerals:

Black salt contains trace minerals like iron, calcium and magnesium. While its use in a candy provides only a small amount of these minerals, they are believed to offer some nutritional benefits.¹¹

➤ Turmeric Powder:

- Turmeric powder (*Curcuma longa*) it is a perennial plant in the ginger family.
- It is a popular traditional remedy for coughs, particularly when combined with other ingredients.
- Its effectiveness is attributed to its anti-inflammatory, anti-bacterial and anti-viral properties.¹²



Fig. 1.5 Turmeric Powder

❖ Uses of Turmeric Powder:

• Anti – inflammatory:

Turmeric contains curcumin, a potent anti-inflammatory agent that can help soothe inflammation in the respiratory tract caused by coughing.

• Immune system support:

Curcumin also has antioxidant and immune – modulating effects, which may help the body fight off the underlying infection causing the cough. Black pepper is often added to these remedies to enhance the absorption of curcumin.

• Soothing action:

The act of sucking on a candy stimulates saliva production, which helps coat and moisturize a dry, irritated throat, providing immediate relief. The properties of turmeric can further enhance this soothing effect.

• Clears congestion:

Turmeric has traditionally been used in ayurveda to help clear mucus and other blockages in the respiratory tract, helping to address coughs related to congestion.¹³

III. BENEFITS OF HERBAL CANDIES

COMBATS COLD AND COUGH

Soothes the throat:

When slowly sucked on, the candy melt and coats the throat, which helps to alleviate irritation and soreness.

- Relieves congestion:
Ginger's warming and anti-inflammatory properties can help clear airways and reduce congestion.
- Fights infections:
Ginger contains antibacterial and antiviral compounds that help ward off seasonal infection, while jaggary contains antioxidants that boost resistance to illness.

BOOSTS DIGESTION

- Eases nausea and bloating:
Ginger helps to stimulate digestive enzymes and reduces feelings of nausea, indigestion and bloating.
- Promotes bowel movements:
Jaggary is known to activate digestive enzymes and act as a mild laxative, regulating bowel function and helping to prevent constipation.
- Reduces indigestion:
A small amount of ginger and jaggary after a meal can help kickstart digestion, especially after a heavy meal.

PROVIDES SUSTAINED ENERGY

- Sustained vitality:
Jaggary provides gradual energy that lasts longer, helping to prevent fatigue
- Healthier sweetener:
It is a more nutritious alternative to processed sugar, and combining it with ginger can help regulate blood sugar levels.

SUPPORTS IMMUNITY AND DETOXIFICATION

- Flushes toxins:
Jaggary helps cleanse the liver and blood, while ginger's anti-inflammatory properties further aid in the detoxification process.
- Fights free radicals:
Jaggary contains minerals like zinc and selenium and ginger is rich in antioxidants that protect against cellular damage from free radicals.

ALLEVIATES PAIN AND DISCOMFORT

- Menstrual relief:
The combination can help regulate menstrual cycles and relieve cramps and discomfort during menstruation.
- Joint pain:
Ginger's anti-inflammatory properties can reduce joint pain and swelling. When combined with

jaggary, which is rich in calcium and phosphorus, it may improve overall joint health.¹⁴

IV. CONCLUSION

Novel herbal drug delivery systems (NHDDS) represent a significant advancement in enhancing the therapeutic potential of traditional herbal medicines by directly addressing the limitations of conventional formulations, such as poor solubility, low bioavailability, and instability.

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