

Ayurveda Expert Gives Effective Kadha Recipes For Cough; Check Them Out



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Ayurvedic Kadha Recipes can be effective to treat soar throat and cough during winters. Here are some ways to make it. Read on.

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Ayurvedic treatments have proved their worth everytime in so many years. Just like home remedies and natural cures, ayurvedic medicines or ingredients have also worked well for the human body. It throws the Ayurveda magic on your respiratory problems too. During winter, you may suffer from health issues like cold, cough, soar throat and decoctions can really help with that. And, with increasing air pollution these days, it is hard to stay safe. Onlymyhealth editorial team spoke to Ayurvedacharya Dr. Partap Chauhan, Director of Jiva Ayurveda, is an author, public speaker, TV personality, and Ayurvedacharya.

Ayurvedic ingredients for cough relief

Even throat problems are different and major ones are soar throat, dry cough and congestion. Here are the Ayurvedic ingredients that help with cough during winters:

1. Ginger



Ginger is known to be an ingredient that can be very helpful in making your immunity and your lungs stronger. You can sip ginger tea daily and enhance your health. Therefore, ginger is also a very helpful Ayurvedic ingredients for cough during winter season.

2. Licorice (Mulethi)

Mulethi has expectorant and bronchodilator properties that can help with soar throat and cough. For cough relief during winters, licorice can be a great help. You can use the recipes mentioned below to make tea or decoction.



3. Turmeric

Haldi or turmeric is also very important because turmeric again is a very great antioxidant in our Indian diet, which takes care of all the inflammation especially respiratory. Turmeric does not just give colour to your milk but is loaded with antioxidants. It is used for many purposes like cold and cough. Other ingredients are black pepper and clove.

Kadha Recipes For Cough



There are many Ayurvedic ingredients that can help you fight the problems during winters. From cold to cough, every health issue can be treated with a decoction of some ingredients. Ayurvedic recipes to treat cold and cough during winters:

Basil Kadha:

Ingredients -

- 3-4 tulsi leaves
- 1 teaspoon fresh chopped ginger
- 2 pieces of black pepper crushed
- 2 pieces of cloves crushed

Steps -

- Soak in a cup of water and then bring to boil
- Let it boil for 1-2 minutes
- Strain the liquid. After it cools down to lukewarm temperature, add 1tsp of honey, Drink it twice a day

Ginger-Coriander Tea for Cough and Cold:

Ingredients -

- 1 teaspoon whole crushed coriander seeds
- 1 teaspoon fresh chopped ginger



Steps -

- Dry roast them in a pan on low flame
- When the ingredients become little brown in colour, add a glass of water
- Cover it and let it boil
- Strain it and add honey when it gets lukewarm (honey should never be added to boiling water)

For dry cough:

Ingredients -

- Crushed Mulethi (licorice)
- Quarter teaspoon of turmeric
- 1 teaspoon fresh chopped ginger

Steps -

- Add all the ingredients to 1 cup of water and boil for 2-3 minutes
- Strain the liquid and let it become lukewarm in temperature
- Add honey to it and drink daily

Trikatu Churna (Ayurvedic Powder):



Ingredients -

- Ginger powder
- Black Pepper powder
- Pipali (long pepper) Powder

Steps -

- Mix all the ingredients in equal quantities
- Take ½ to 1 teaspoon with honey everyday, 2-3 times a day.

For cold/cough and breathing difficulties:

Ingredients -

- Ginger powder
- Black pepper Powder
- Cinnamon powder
- Clove powder
- Mulethi Powder (licorice)

Steps -

- Mix all the ingredients in equal quantities
- Take ½ to 1 teaspoon with honey everyday, 2-3 times a day.