

# 15 Best Home Remedies For Cough: Natural Solutions For Respiratory Relief

A persistent cough can be debilitating, disrupting daily life and affecting your overall well-being. While over-the-counter medications offer temporary relief, natural remedies provide a holistic approach, addressing the underlying cause of your cough and promoting long-lasting respiratory health.



## 15 Best Home Remedies For Cough by Denise M. Canela

★★★★★ 5 out of 5

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## 1. Thyme



Renowned for its antibacterial and antiviral properties, thyme is a potent herb that effectively soothes sore throats and loosens mucus. Steep fresh or dried thyme leaves in hot water for 10 minutes, strain, and enjoy the aromatic tea. You can also add a few drops of thyme essential oil to a diffuser or bath to alleviate congestion and promote relaxation.

## **2. Honey**



Honey is a natural cough suppressant with antibacterial and antioxidant properties. It coats and soothes the throat, reducing irritation and inflammation. Add a spoonful of honey to warm water or tea, or take it straight. Honey is particularly effective for nighttime coughs, as its thick consistency helps suppress the urge to cough.

### **3. Ginger**



Ginger's anti-inflammatory and expectorant properties help reduce inflammation and expel mucus from the respiratory tract. Grate fresh ginger into hot water and steep for 10 minutes, strain, and enjoy the warming tea. You can also add ginger slices to your favorite soup or stir-fry.

#### **4. Marshmallow Root**



Marshmallow root contains mucilage, a soothing substance that coats the throat and reduces irritation. It's particularly effective for dry coughs. Steep 1-2 teaspoons of dried marshmallow root in hot water for 10-15 minutes, strain, and enjoy the soothing tea.

## 5. Licorice Root



Licorice root has expectorant and anti-inflammatory properties that help loosen mucus and reduce throat irritation. It's important to note that excessive consumption of licorice root can lead to side effects, so follow recommended dosages carefully. Steep 1 teaspoon of dried licorice root in hot water for 10-15 minutes, strain, and enjoy the sweet tea.

## **6. Garlic**

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# Home Remedies For Cough

Bestseller

Holy Basil

Cloves

Cinnamon

Honey

Ginger

Turmeric

Garlic

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Garlic's potent antibacterial and antiviral properties make it a powerful remedy for respiratory infections that cause coughing. Crush a clove of garlic and mix it with honey for a natural cough syrup. You can also add garlic to your favorite dishes or take it in supplement form.

## 7. Slippery Elm





Slippery elm contains mucilage, a substance that forms a protective layer over the throat, reducing irritation and inflammation. Mix 1-2 teaspoons of slippery elm powder with warm water and drink as a tea. You can also find slippery elm in lozenge or capsule form.

## **8. Cayenne Pepper**





Cayenne pepper's active ingredient, capsaicin, triggers a burning sensation that stimulates mucus production and helps expel congestion. Add a pinch of cayenne pepper to a glass of warm water or tea. Note: avoid using cayenne pepper if you have an ulcer or other digestive issues.

## 9. Turmeric



Turmeric's powerful anti-inflammatory properties help reduce throat irritation and improve overall respiratory health. Mix 1/2 teaspoon of turmeric powder in a glass of warm milk with honey. You can also take turmeric supplements or add it to your cooking.

## 10. Apple Cider Vinegar



Apple cider vinegar's antibacterial and antiviral properties make it an effective natural remedy for respiratory infections. Mix 1-2 tablespoons of apple cider vinegar in a glass of warm water and drink. You can also add a spoonful to your favorite salad dressing or gargle with apple cider vinegar diluted in water.

## **11. Nettle Leaf**



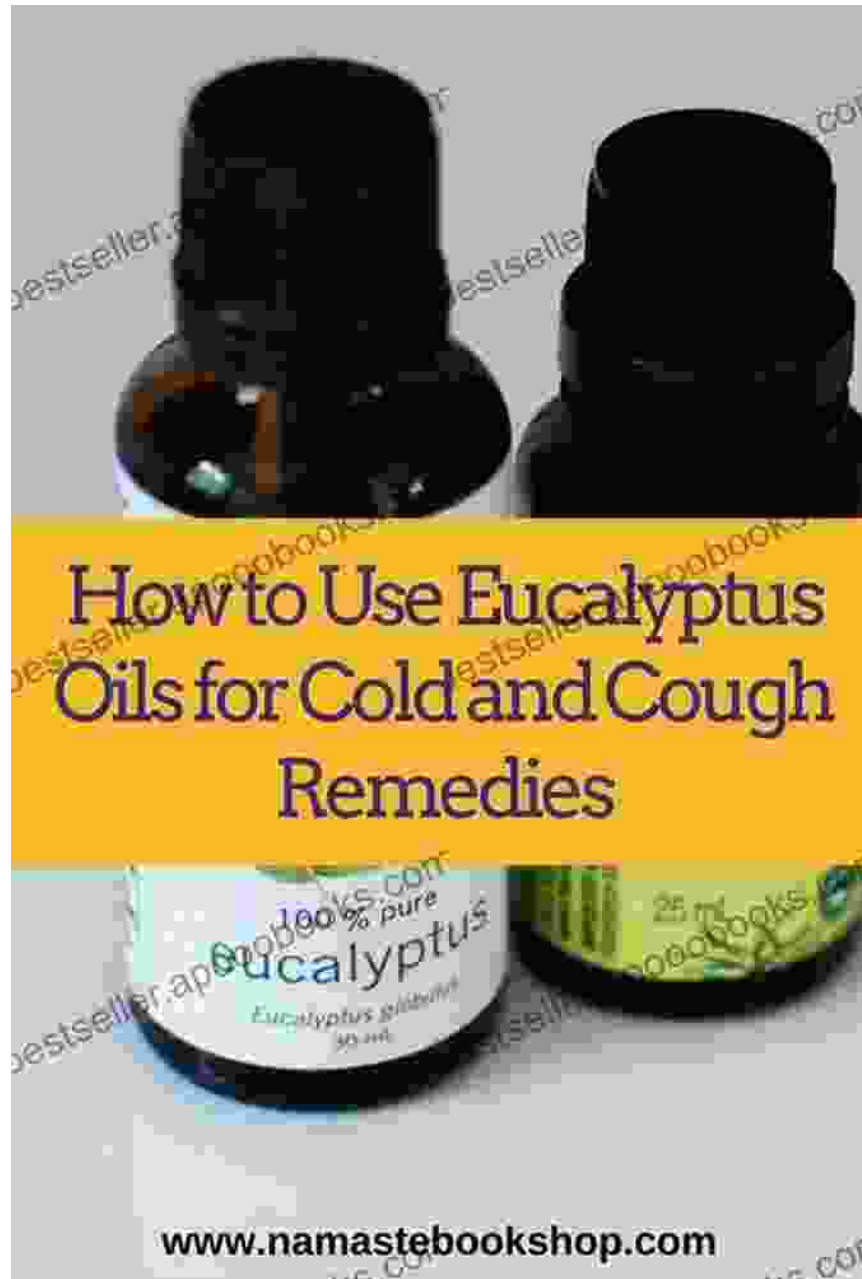
Nettle leaf is rich in antioxidants and anti-inflammatory compounds that help reduce throat irritation and promote respiratory health. Steep 1-2 teaspoons of dried nettle leaf in hot water for 10-15 minutes, strain, and enjoy the herbal tea.

## **12. Elderberries**



Elderberries contain powerful antiviral and anti-inflammatory compounds that effectively combat respiratory infections. You can make elderberry tea by steeping 1-2 tablespoons of dried elderberries in hot water for 10-15 minutes, strain, and add honey to taste.

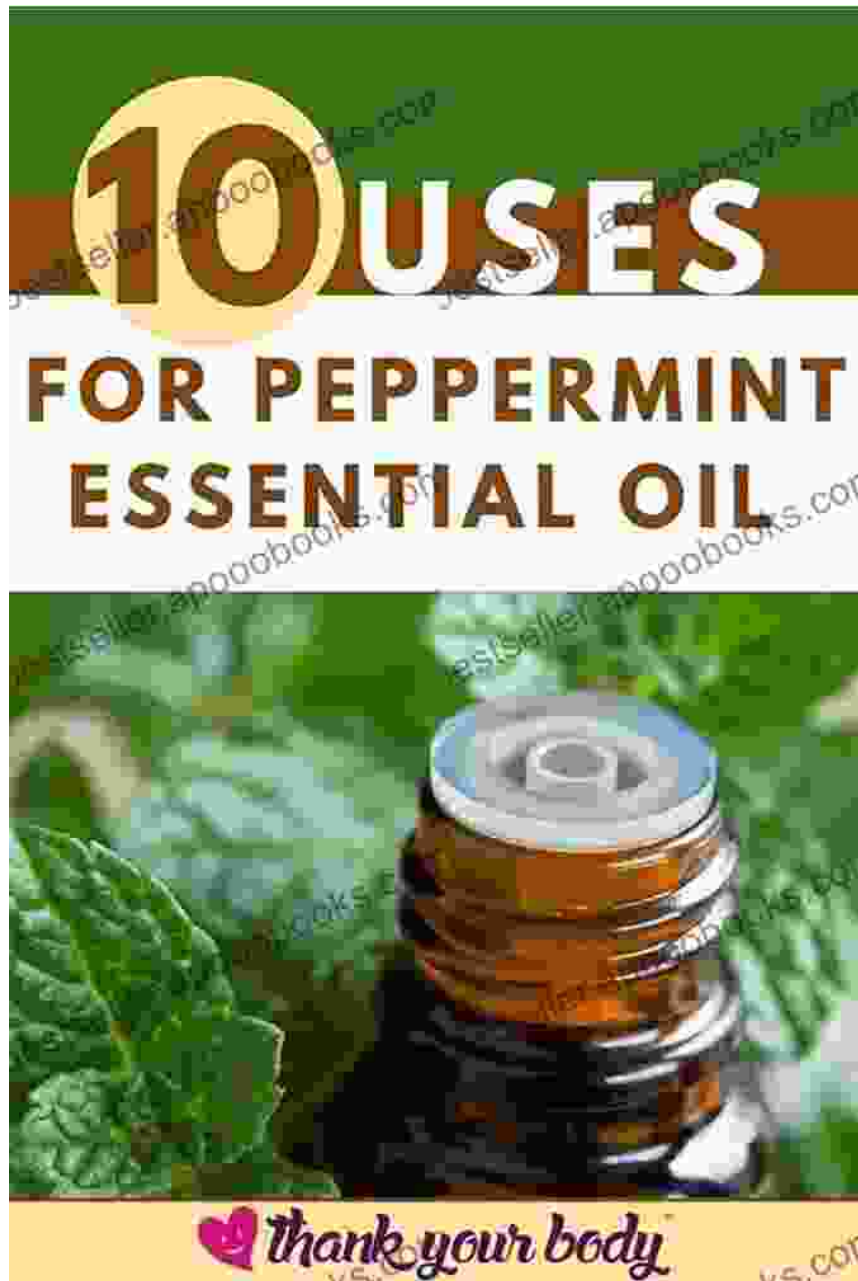
### **13. Eucalyptus Oil**



Eucalyptus oil has expectorant and decongestant properties that help loosen mucus and promote clear breathing. Add a few drops of eucalyptus oil to a diffuser or humidifier to create a soothing environment. You can also add a few drops to a bowl of hot water and inhale the steam.

#### **14. Peppermint Oil**





Peppermint oil's cooling and analgesic properties help soothe sore throats and reduce inflammation. Add a few drops of peppermint oil to a diffuser or humidifier. You can also dissolve a few drops in a glass of warm water and gargle.

### **15. Steam Inhalation**





Steam inhalation is a simple but effective way to relieve congestion and soothe sore throats. Fill a bowl with hot water and place it on a table. Cover your head with a towel and inhale the steam for 10-15 minutes. You can add a few drops of your favorite essential oil, such as eucalyptus or peppermint, to enhance the effects.

By incorporating these natural remedies into your routine, you can effectively relieve your cough, soothe your sore throat, and promote overall respiratory health. Remember to consult your healthcare provider if your cough persists or worsens, or if you experience any adverse effects from these remedies.

Embrace the power of nature and discover the transformative benefits of home remedies for cough. With these simple and accessible solutions, you can restore your respiratory health and regain the comfort and well-being you deserve.



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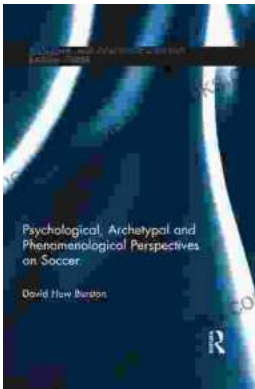
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