

Studies on preparation of herbal candy useful to treat cold and cough

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Abstract

The present investigation deals with the preparation of herbal candy useful to treat cold and cough. The herbal candy consists of a mixture of Ginger powder, Adulsa powder, Tulasi powder, Jeshthmadh powder, Black pepper powder, Cinnamon powder, Tejpatta powder, Florence funnel seed powder, Lavang powder, Mint extract and Honey in jaggery syrup. By changing the ingredients, a variety of herbal candies with therapeutic effects on different diseases may be produced. The herbal mixtures used in this preparation are particularly used to treat cold and cough but the ingredients have other applications too i.e. they also act as antiseptic, digestive stimulant, demulcent and expectorant, tonic, anti-inflammatory agent, laxative, carminative etc.

Keywords: Germination percentage, prolonged seed dormancy, seed vigour index, sun drying, rice

Introduction

Due to extreme level of changes in the weather and also in the environmental conditions, the quality of air decreasing day by day with increase in air pollution. Most of the people suffering from different kind of respiratory diseases amongst all cough and cold are very common. So there is need to invent a medicine which has no side effect on human body. Normally people use allopathic tablets which are prepared from synthetic chemicals to treat cold and cough, but these tablets have some side effects on human body. Due to continuous use these tablets i.e. antibiotics reduces immunity of human body and also act as intoxicant. Instead of that if we use herbal plant extract (our traditional Ayurvedic medicine) to treat such diseases then it will be very useful to all of us because these plants do not have any side effects. Keeping all these views in minds we have prepared a herbal candy which is useful to treat cold and cough and to promote positive health, amelioration of certain body dis-functions and disorders.

Material and Method

Table 1: Composition of Herbal Candy

Sr. No.	Common name	Scientific names of the herbs	Quantity (/100gm)
1	Jeshthmadh	<i>Glycyrrhiza glabra</i> (10.00 gm
2	Dalchini	<i>Cassia cinnamon</i> (03.00 gm
3	Kali miri	<i>Piper nigrum</i> (02.50 gm
4	Ginger	<i>Zingiber officinale</i> (Zygiberaceae)	02.50 gm
5	Tulas	<i>Ocimum tenuiflorum</i> (Lamiaceae)	05.00 gm
6	Adulsa	<i>Justicia adhatoda</i> (Acantaceae)	05.00 gm
7	Lavang	<i>Syzygium aromaticum</i> (Myrtaceae)	02.50 gm
8	Tejpatta	<i>Cinnamomum tamala</i> (02.50 gm
9	Honey	Act as a Sweetener	04.00 gm
10	Jaggery	Act as a Sweetener	50.00 gm
11	Elaichi	Adds Flavour	03.00 gm
12	Ghee	Adds Flavour, Lubricant	03.00 gm
13	Mint	Act as a Freshener	02.00 gm

Method of Preparation of Herbal Candy

- Take a mixture of Jeshthmadh powder (10 gm), Adulsa powder (5 gm) Tulasi powder (5 gm), Dalchini powder (3 gm), Ginger powder (2.5 gm), Kali miri powder (2.5

gm), Lavang powder (3 gm), Elaichi powder (3 gm), Tejpatta powder (2.5 gm), Honey (4 gm). Mix it well.

- Take a pan, add Ghee (3 gm) into it then add all the above ingredients in it and bake for 5 minutes at a low gas flame.
- Then take out the baked mixture from the pan.
- Then in the same pan take jaggery (50 gm) and melt it to become jaggery syrup then add baked mixture into it and mix well.
- Make small candies of your desired size.
- Wrap it with wrapper.

Result and Discussion

The prepared candies are very attractive and tasty, can tolerate temperature of 40°C, also can be stored for longer duration for 2-3 months, strongly remedial to treat cold and cough. The all ingredients are obtained naturally (i.e. herbal) which have no side effect on human body. No artificial industrial chemicals such as sweeteners, preservatives and essences are added. Sugar is replaced by jaggery so that diabetic patients can also use these candies.

We all know that children like to eat candies. So this is better option to parents to give herbal candies to their children to promote good health.

Candies are portable can be eaten on the move. Using different combinations of herbs and following the same procedure different candies can be made which would be remedial for a large variety of diseases.

Other Herbal candies which are available in the market like Nin Jiom, KDR herbal candy, Ume plum herbal candy, Murti Amla candies have limited herbal ingredients which are mostly useful to treat only 1-2 diseases. But above prepared candies consists of 14 different ingredients which can be cure more than 10-12 health problems. Generally these candies promote good health and can be prepared in home. Also maximum candies have sugar content and other artificial chemicals which cause some extent of side effect to our body but the product we have made is free from chemicals. The herbal candy is useful to treat cold and cough, In addition the ingredients used in in this preparation can also useful to treat respiratory diseases, digestive

problems, heart diseases, ulcers, piles, rheumatism, stress, anxiety, obesity and many more.

Conclusion

From the present investigation it is concluded that, the candies are useful to treat cold and cough. After tasting the candies with cold and cough patients, within 5 days they got relief from cold and cough and felt better health conditions than previous one. (Using different combinations of herbals plants and following the same method of preparation different candies can be made which can be useful to treat for a variety of disorders, candies can be made personally in home.)

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