

15 Best Home Remedies for Cough: Natural Relief for a Persistent Problem

Coughing is a common symptom of colds, flu, and allergies. While it can be annoying and uncomfortable, it's usually not a sign of a serious medical condition. However, if your cough is severe or persistent, it's important to see a doctor to rule out any underlying health problems.



15 Best Home Remedies For Cough by Denise M. Canela

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In the meantime, there are a number of effective home remedies that can help to relieve a cough. These remedies are natural, safe, and can be easily made at home.

1. Honey

Honey is a natural cough suppressant. It coats the throat and soothes irritated tissues. Honey is also antibacterial, which can help to fight off infection.

To use honey for a cough, mix 1-2 tablespoons of honey in a glass of warm water. You can also add a little lemon juice for extra flavor and soothing effects.



2. Tea

Tea is another effective home remedy for cough. The hot liquid can help to soothe sore throats and clear congestion. Certain teas, such as green tea

and peppermint tea, have expectorant properties that can help to loosen mucus and make it easier to cough up.

To make tea for a cough, steep 1-2 tea bags in a cup of hot water for 5-10 minutes. You can add honey, lemon juice, or ginger to taste.

3. Steam

Steam can help to thin mucus and make it easier to cough up. It can also help to soothe sore throats and clear congestion.

To use steam for a cough, boil 1-2 cups of water in a large pot or saucepan. Place the pot on a table or counter and cover your head with a towel. Inhale the steam for 10-15 minutes. You can also add a few drops of eucalyptus or peppermint essential oil to the water for extra relief.

4. Vapor Rub

Vapor rub is a topical ointment that can be applied to the chest, throat, or feet to relieve cough. Vapor rub contains ingredients such as menthol, eucalyptus, and camphor, which have expectorant and decongestant properties.

To use vapor rub for a cough, apply a thin layer to the desired area and rub it in gently. Be careful not to get vapor rub in your eyes or on your lips.

5. Ginger

Ginger is a natural expectorant that can help to loosen mucus and make it easier to cough up. It also has anti-inflammatory properties that can help to reduce swelling and irritation in the throat.

To use ginger for a cough, steep 1-2 teaspoons of grated ginger in a cup of hot water for 5-10 minutes. You can also add honey or lemon juice to taste.

6. Garlic

Garlic is a natural antibiotic and expectorant. It can help to fight off infection and clear congestion.

To use garlic for a cough, crush 1-2 cloves of garlic and mix them with a little honey. Eat the mixture several times a day.

7. Onion

Onions are another natural expectorant. They contain sulfur compounds that can help to loosen mucus and make it easier to cough up. Onions also have antibacterial properties that can help to fight off infection.

To use onions for a cough, slice 1-2 onions and place them in a bowl of water. Cover the bowl and let it sit overnight. In the morning, drink the onion water several times throughout the day.

8. Turmeric

Turmeric is a natural anti-inflammatory that can help to reduce swelling and irritation in the throat. It also has expectorant properties that can help to loosen mucus and make it easier to cough up.

To use turmeric for a cough, mix 1-2 teaspoons of turmeric powder in a glass of warm water. You can also add honey or lemon juice to taste.

9. Cayenne pepper

Cayenne pepper is a natural expectorant and decongestant. It can help to thin mucus and make it easier to cough up. Cayenne pepper also has anti-inflammatory properties that can help to reduce swelling and irritation in the throat.

To use cayenne pepper for a cough, mix 1-2 teaspoons of cayenne pepper powder in a glass of warm water. You can also add honey or lemon juice to taste.

10. Salt water gargle

Salt water can help to soothe sore throats and reduce inflammation. It can also help to loosen mucus and make it easier to cough up.

To make a salt water gargle, mix 1-2 teaspoons of salt in a glass of warm water. Gargle with the salt water for 30 seconds, then spit it out. Repeat several times a day.

11. Chicken soup

Chicken soup is a traditional home remedy for cough and cold. It is thought to have several benefits, including reducing inflammation, boosting the immune system, and thinning mucus.

To make chicken soup for a cough, simmer 1-2 pounds of chicken in water for several hours. Add vegetables, such as carrots, celery, and onions, to the soup for extra flavor and nutrients.

12. Humidifier

A humidifier can help to add moisture to the air, which can help to soothe sore throats and clear congestion. It can also help to loosen mucus and

make it easier to cough up.

To use a humidifier for a cough, fill the reservoir with water and turn it on. Place the humidifier in your bedroom or living room where you spend the most time.

13. Nasal irrigation

Nasal irrigation is a process of flushing out the nasal passages with a saline solution. It can help to clear congestion, remove mucus, and reduce inflammation.

To perform nasal irrigation, you will need a neti pot or a nasal irrigation bottle. Fill the device with a saline solution and tilt your head over a sink. Gently squeeze the solution into one nostril, allowing it to flow out the other nostril.

14. Rest

Getting enough rest is important for overall health, but it is especially important when you are sick with a cough. Rest allows your body to heal and repair itself.

When you are sick, try to get as much sleep as possible. You should also avoid strenuous activity and stay home from work or school if possible.

15. See a doctor

If your cough is severe or persistent, it is important to see a doctor. Your doctor can determine the underlying cause of your cough and recommend the best course of treatment.

In some cases, your doctor may prescribe medication to help relieve your cough. In other cases, your doctor may recommend lifestyle changes, such as getting more rest or avoiding smoking.



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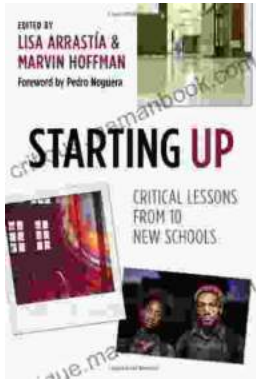
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