

Using Kitchen Resources and Home Remedies to Cure common Cold

Saba Khan^{1*} and Sarah Malik²

¹Associate Professor, D/O Home Science, F/O Agriculture Sciences, AMU, Aligarh, UP, India

²BSc student, D/O Home Science, F/O Agriculture Sciences, AMU, Aligarh, UP, India

***Corresponding Author:** Saba Khan, Associate Professor, D/O Home Science, F/O Agriculture Sciences, AMU, Aligarh, UP, India.

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Abstract

For boosting the immune system to promote optimum health & to reduce the complications or risks of the disease, kitchens ingredients play a significant role. The objective of this study was to find out the popular home remedies for common cold and to modify them for better results. Survey and interview method helped in collecting the field information from the sample of hundred respondents. The most popular remedies were identified and modified by addition of any three more ingredients from the kitchen shelf. The modified recipes were subjected on the sample of twenty five adults suffering with common cold. Their experiences showed reduced recovery time and better response in improving their general health condition.

Keywords: Common cold; Home remedies; Kitchen ingredients

The common cold, also known as upper respiratory tract infection (URI), is an acute, viral infection of the upper airway that also may involve the lower respiratory tract. The typical symptoms of a cold include cough, runny nose, sneezing, nasal congestion, a sore throat, sometimes accompanied by muscle ache, fatigue, headache, and loss of appetite (Wat, 2004) [10]. Self-diagnosis is frequent and vaccination is not available for its complete prevention. There is no specific cure but precautions are essential for its prevention. The basic methods to prevent common cold are washing hands frequently not touching the eyes, nose or mouth with unwashed hands and staying away from people suffering with it. Some evidence supports the use of face masks also reduces the spread of infection. Zinc may reduce the duration and severity of symptoms if started shortly after the onset of symptoms. Non-steroidal Anti-inflammatory Drugs such as ibuprofen may help with pain (Sanu, 2008) [8].

A cold is not usually serious and mostly disappears after 7-10 days. However, sometimes complications like pneumonia, acute bronchitis, otitis media (middle ear infection), strep throat (sore throat) may occur. Weak immune system may further aggravate the condition that can lead to complications in older people, children (Pappas, 2017) [6]. The variety of common cold is seasonal in nature like common cold of winter, common cold of rainy season, common cold of summer season, and common cold of changing season (Fares, 2013) [3]. Present study focuses on overcoming the symptoms of common cold with kitchen ingredients and home remedies.

The food items or beverages are used as traditional therapy of utilizing natural products and kitchen ingredients for nutritional supplements and boosting immunity (Ali, 2007) [1]. Its effectiveness may be supported by familial, local, or culturally accepted stories or rituals. They are also known as folk remedies. A home remedy, also referred to as a granny cure is a treatment to cure any ailment that employs certain spices, herbs, vegetables, or other common items (Spector, 1995) [9].

It's true that food can do much more than to provide energy. When an individual is sick, eating the right foods is more important than ever. Certain foods have powerful properties that can support an individual's body while the patient is fighting an illness. The food items and beverages may relieve certain symptoms and even help to heal more quickly (Mudambi & Rajagopal, 2007) [5].

There are plenty of kitchen ingredients that can alleviate the symptoms of common cold and get the patient back to normal, like Clove, Cinnamon, Black pepper, Honey, Lemon, Ginger, Garlic, Turmeric, Bay leaves, Echinacea etc (Khanna, 2018) [4]. They have an-

tioxidants, antiseptic, antiviral, antimicrobial and antifungal properties that helps in fighting common infections, cold, and cough by boosting the immune system. (Duyff, 2007) [2].

Using survey method information about using home remedies was collected in general from the sample of hundred home makers. Out of the hundred identified families, twenty-five adults were subjected to modified recipes and the feedback was collected for the purpose of the study. Five home remedies were chosen, modified and made available to the subjects. The variations were made by including three ingredients for healing various symptoms in common cold. The identified respondents were subjected to semi-structured pre-tested interview schedule. The findings of the study are discussed as follows.

Table 1 provides us with the information on the methods used by the sample to cure common cold.

S. No	Methods	Number of Responses	Percentage to the total
1	Allopathic Medicine	22	8.69
2	Ayurvedic Medicine	10	3.95
3	Homeopathic Medicine	28	11.06
4	Herbal Medicine	07	2.76
5	Gargle with Salt Water	58	22.92
6	Steam Inhalation	52	20.55
7	food and beverages	76	30.03
	Total	253*	

Note: (*) due to multiple responses

Table 1: Methods to cure common cold.

Seven methods were identified during the survey. The field information highlighted that allopathic medicine like *paracetamol* (Anti-pyretic and provides pain relief analgesic), for soothing headache, muscle pain and sore throat, *Diphenhydramine* for relieving symptoms of runny nose, sneezing, watery eyes & coughing and *Phenylephrine* helps in decreasing nasal congestion were consumed. The Ayurvedic medicine like *ChyawanAmrut*, *Kasamrita* etc. Were taken by few. Homeopathic medicines named *Arsenicum album*, *Belladonna*, *Euphrasia*, etc. were opted by others. Herbal medicines to cure common cold were *Echinacea*, *Feverfew*, *Gingko* etc. The multiple responses indicate they prefer to adopt more than one method for fighting common cold.

A saltwater gargle is a home remedy for sore throats and other causes of mouth pain. It is a simple mix of water and table salt and can be a cheap, safe and effective alternative to medicated mouthwashes. It was preferred by many respondents. Steam inhalation is also called as Steam therapy. It involves the inhalation of water vapor. The warm, moist air is work by loosening the mucus in the nasal passages, throat, and lungs. This may relieve symptoms of inflamed, swollen blood vessels in the nasal passage. This method was being practiced by many adults for fighting common cold.

Responses for home remedies included recipes such as making instant cough syrup by adding organic honey and pinch of cinnamon and a few drops of lime juice in boiled water to ease coughing. To clear chest congestion fried garlic cloves were consume. To make the cold disappear addition of few cumin seeds, jiggery & pinch of black pepper in water after boiling it for few minutes was in use. The sore throat being treated by adding some flaxseeds, some honey, and few drops of lime juice in water. Taking few Tulsi leaves, ginger, tea leaves and a pinch of black pepper in water and boiling it will prevent the user from catching cold again and again [6, 7]. Honey Tea can be made by mixing some honey with warm water or herbal tea to remove congestion.

Remedial measures using food and beverages to cure common cold were preferred by majority of the respondents. The information about food items or beverages consumed by common cold patients as home remedies is given in table 2.

S. No	Food items/beverages	Number of responses	Percentage to total
1	Turmeric Milk	36	6.81
2	Whole wheat bread with honey & cinnamon	27	5.11
3	Kadha	47	8.90
4	Honey and lemon water	24	4.54
5	Ginger Tea	26	4.92
6	Warm water	29	5.49
7	Green Tea	34	6.43
8	Lemon Tea	35	6.62
9	Hot Soup	45	8.52
10	Garlic & long Tea	03	0.56
11	Coffee	32	6.06
12	BoiledVermicelli (Siwaiyan)	23	4.35
13	Wheat Porridge	24	4.54
15	Khichdi	35	6.62
16	Upma	22	4.16
17	Besan ka Sheera	42	7.95
18	Nutricereal Raab	44	8.33
	Total	528*	

Note: (*) due to multiple responses

Table 2: Food items/beverages consumed during common cold as home remedies.

Respondents of the study were opting for more than one home remedial measure for fighting symptoms of common cold. Turmeric Milk known as *Haladi ka doodh* in Indian language is an age-old remedy used to combat cold, cough, congestion, arthritis and many more ailments. It was preferred by 36 subjects when they suffer from common cold. It is made by boiling the milk, adding turmeric powder and pepper powder with sugar or honey or jaggary being optional. A slice of whole wheat bread with a thin layer of honey that works as a jam and some cinnamon powder sprinkled on it was consumed by 27 respondents as home remedy for curing common cold.

Kadha was preferred by 47 home makers when they or their family members suffer from common cold. Boiling few cloves, black pepper powder, cinnamon stick, crushed ginger root and fresh mint leaves in required amount of water until the quantity gets half and the juice of the ingredients comes in the water. It is strained and consumed warm. Honey with lemon in warm water was taken by 24 adults when they suffer from common cold. Ginger tea was the choice of 26 adults when they suffer from common cold. Adding

freshly peeled and grated ginger and some basil leaves (tulsi) to water in a pan cover it with a lid and allow the mixture to infuse until the quantity gets half. Strain the mixture and squeeze some lemon juice in the ginger tea and drink it warm. Add organic honey for the sweetening of the tea & for reducing congestion. Often only warm water was also taken by 29 adults when they suffer from common cold. Green tea and lemon tea with honey was also preferred by many respondents to fight common cold symptoms.

A healthy cup of coffee might include cinnamon & turmeric to heal.

Hot soup for curing common cold can be chicken soup, tomato soup, ginger soup, garlic clove soup, etc. The most preferred soup was Garlic soup when they suffer from common cold. To make garlic soup, some musard oil, diced onions, garlic, turmeric powder and chili flakes along with little salt, is added to a pot and boiled to get the extract, then add the carrots, mushrooms and coriander along with brown rice into the water. Cook the brown rice in vegetable broth. Add some more salt, pepper and lemon juice in the warm soup, mix it well and consume. Other types of soup Garlic tea is an herbal tonic made from lemon, honey, and garlic. It is an effective remedy for cold symptoms, such as congestion and cough. Bring the water to a boil with peeled garlic & long tea. Remove from heat and add lemon juice and honey. Take out the garlic and serve tea warm or store to reheat for later. There are variations to this garlic tea recipe. For example, some people add ginger to the tea for adding flavor and increasing health benefits and reduce the strong garlic odor.

Boiled Siwaiyan, Wheat porridge, khichri, upma, beasan ka sheera and nutricereal raab were the part of the diet opted by many of the respondents when they suffer from common cold.

Table 3 provides us with the information on modifications incorporated in the selected five recipes by adding three ingredients from the kitchen shelf.

<i>S. No</i>	<i>Name of the recipe</i>	<i>Original ingredients</i>	<i>Additional ingredients</i>
1	Kadha	Clove, black pepper powder, mint leaves, cinnamon stick, crushed ginger, water.	Honey Tulsi leaves (basil) Giloy guduchi
2	Chicken soup	Chicken pieces, Olive oil, chopped onions, ginger, garlic, turmeric root, carrots, water, salt, black pepper powder.	Rosemary Lemongrass Star Anise (chakrphool)
3	Ginger tea	Tea leaves, H ₂ O, honey, fresh ginger root, tulsi leaves, black pepper.	Lemon Clove powder Pepper mint
4	Besan ka sheera	Besan(gram flour), ghee, grated almonds, honey, milk.	White pepper powder Dry ginger powder Turmeric powder
5	Nutricereal raab	Bajra flour (Pearl millet) , ginger, jaggery, ghee, ragi (finger millet).	Whole black peppercorn Ajwain (carrom seeds) Gond or edible gum

Table 3: Modified recipes

The original recipe of kadha is beneficial as clove, cinnamon and black pepper acts as an expectorant which helps in bringing out the mucus and other pathogens from the lungs, bronchi & trachea. Ginger and mint leaves have anti-inflammatory properties (reduces redness, swelling and pain). In addition, mint leaves relieves congestion of the throat, bronchi & lungs along with its cooling properties helps to soothe nose, throat & provide relief from sore throat & cough. Warm water eases nasal congestion, prevents dehydration & soothes the uncomfortable inflamed membrane of nose & throat.

Introducing modification by adding honey, tulsi leaves (basil leaves) & giloy guduchi in the kadha add benefits for the patient as *honey* has anti-microbial properties which allow it to fight against some bacteria & viruses. It is a cough suppressant as well. *Tulsi* contains Camphene, Cincole & Eugenol which helps to reduce cold & congestion in the chest. It also fights through viral infection, increases immunity and recover from infections. *Giloy (guduchi)* is the most effective herb to boost immunity, helps to manage cold, cough & tonsils. It also has good anti-inflammatory property.

The recipe of chicken soup shared was made by adding chicken pieces, chopped onion, ginger, garlic, turmeric root, carrots in water along with olive oil, rock salt & black pepper powder and boiled. This recipe has various benefits such as chicken contains *Selenium* which acts as an antioxidant & relieves some symptoms of common cold. Olive oil has antibacterial, antiviral & antimicrobial benefits for infection & inflammatory diseases. Onion contains *Sulphur* compounds that help to fight against mucous and promote expulsion of mucous from patient's airways. Ginger prevents cold & sore throat. It also reduces congestion & inflammation. Garlic helps to fight from cold & flu. It boosts the immunity. It also has anti (microbial & viral) properties as well. Turmeric helps to clean the body's respiratory tract. It also helps to fight against the infection. Carrots are loaded with *beta-carotene* which boosts our immune system. Black pepper helps to bring out mucous & other pathogens from lungs, bronchi & trachea (Peter, 2012) [7].

Adding Rosemary, lemongrass & staranise (chakr phool) to the above recipe benefits the patient in fighting against common cold. Rosemary is a classical herb for cold & sore throat, known for anti (microbial & viral) properties. It stimulates circulatory system & encourages blood flow to the brain to relieve headaches. Lemon grass has antibacterial property to cope from cold. It contains vitamin C which reduces the symptoms of cold and decreases recovery time of cold. Staranise is rich in antioxidants & vitamin C that is why it eases the symptoms of flu. It is effective in easing sore throats & colds. It also inhibits bacterial growth of many common illnesses.

The original recipe of ginger tea is made by adding tea leaves, fresh ginger root, tulsi leaves, black pepper in boiling water. Boil until the juice of the ingredients squeezes out in the water. Strain the mixture and add honey and drink it warm. This remedy benefits a lot as Tea leaves contain *catechins* (a type of antioxidant) which inhibits influenza viral adsorption against some cold viruses. In addition, tea catechins enhance immunity against viral infection. Honey helps in relaxing the sore/scratchy throat naturally. It also boosts the immune system which helps adults to recover faster & reduces the chances of common cold in future. Ginger root (fresh) has anti-inflammatory properties, it eases dry cough. It also relieves body pain because of common cold. Tulsi leaves improves individual's ability to fight against common cold as well as cough. It boosts the production of antibodies that prevents onset of any infection. In addition, it also soothes the airways by helping the patient cough out the sticky mucous. Black pepper has anti-bacterial property, which helps to cure cough & cold. It's a natural decongestant. It also contains chemicals that irritate membranes in the nose, producing thinner mucous so the sinuses can clear out. Presence of an essential oil (Piperine) fights against viral & bacterial infection and relieves chest congestion.

Adding lemon, clove powder & peppermint into the boiling mixture can benefit in many ways because lemon contains vitamin C which is a powerful antioxidant that strengthens body's natural defense. It boosts the immune system. Cloves have antibacterial & antiviral, analgesic & anti-inflammatory properties. It helps in preventing sore throat, cough, cold & sinusitis. Peppermint is used as a natural decongestant & fever reducer. It also contains menthol to relieve congestion. Menthol is also used in many coughs drops to soothe sore throat & quite coughs.

The original recipe of Besan ka sheera was made by adding gram flour, grated almonds, milk and honey respectively in ghee or clarified butter, whisk the mixture well to make it into a smooth paste and eat warm. There are various benefits of this recipe because Ghee or clarified butter has been used to treat ailments like cough, cold & weakness in body. Gram flour is a powerhouse of oxidants, so it's considered extremely effective in curing nasal infections & problems. The liquid consistency of gram flour in the form of halwa becomes smoothing for throat & helps in curing throat related problems. Almonds are the superstar of the nut family. They deliver high levels of vitamin E which helps in boosting the immune system. Honey is an effective cough suppressant. It also has anti-microbial

property, which allows it to fight against some bacteria & viruses. Warm milk with honey is an excellent home remedy to cure common cold. The combination of these two is said to have an anti-bacterial effect, which helps in giving relief from such ailments.

Adding white pepper powder, dry ginger powder & turmeric powder in the above recipe can add up the benefits like White pepper powder helps in preventing respiratory disorders that causes phlegm in the body. It also prevents chest congestion, acts as a decongestant & clears nasal passage. Additionally, a substance called Capsaicin helps to relieve headaches. Dry ginger powder has anti-inflammatory property. In winters & rainy season, it's known to keep the body warm and prevent cold & flu. Ginger contains gingerols & shogaols (compounds) which gives it medicinal property. It also displays antiviral property which is effective against pain & fever. It has anti-inflammatory property as well as curing throat infection. Ginger has antioxidant that helps in preventing the cell damage that results from infection. Turmeric powder helps the body naturally to cleanse the respiratory tract, helps to fight against the infection & it has anti-inflammatory qualities that relieve individuals from direct impact of cold & flu.

The original recipe of nutriceal raab is made by adding bajra flour (Pearl Millet), freshly crushed ginger root, ragi (finger millet) and jaggery in ghee or clarified butter. Stir it well until the smooth paste is made. There are various benefits of this recipe because Bajra flour has many antioxidants which help to fight the body against infections. Ragi keeps the human body warm while having common cold. Ginger has anti-inflammatory properties, it eases dry cough. It also relieves body pain (which is common during common cold). Jaggery is loaded with minerals such as phosphorus, iron, magnesium, zinc, selenium, potassium & multiple antioxidants. It also boosts immune system & fight against cold, cough, throat pain, respiratory trouble, etc. Ghee or clarified butter has been used to treat the ailments like cough, cold & weakness in body.

Adding whole black peppercorn, ajwain (carom seeds) & gond (edible gum) in the above recipe can add up more benefits because Black peppercorn helps to combat cough & cold. It's also enriched with vitamin C, which naturally boosts immunity & works as an excellent antibiotic. It's best to crush peppercorns for maximum benefits. Black pepper is also known to alleviate chest congestion & declog nose. Ajwain (Carrom seeds) contains "Thymol" which is packed with anti (inflammatory, bacterial & fungal) properties that provides instant relief from cold, fever & flu. It clears nasal blockage by discharging the mucous. Gond or edible gum helps to ward off cold, cough & eases chest congestion. It accumulates the mucous into a bundle form and expels it out of the body by loosening the mucous.

Conclusion

Infections of common cold can be avoided by taking precautions like washing hands frequently, wearing mask while going outside, taking steam and gargling with saltwater after coming from outside, avoid touching face, using paper towel, and the most important maintaining a healthy lifestyle by eating homemade, clean & hygienic food. If an individual catches the infection, then the remedial methods like allopathic, ayurvedic, homeopathic, herbal medication or home remedies are chosen to treat common cold and to avoid complications. Choosing food and beverages as home remedies is the diet therapy that aims to maximize the recovery by boosting the immune system and reducing the recovery period. Diet Therapy is concerned with recovery from illness & prevention of disease. It promotes a balanced selection of food ingredients vital for good health. Therapeutic diet is beneficial in both recovering from disease and gaining optimum health.

The survey responses showed that as most of the respondents preferred curing common cold symptoms with gargle, steam and home remedies hence the modification in the recipes was easily accepted. Choosing food & beverages to fight common cold with or without other methods of treatment was the preference of majority. The respondents shared their experiences enthusiastically with modified recipes. All the twenty-five subjects communicated better and faster recovery with modified recipes. Later relapse of common cold were also nullified with the consumption of modified recipes as reported.

Curing & preventing diseases with nutrition can go a long way and become an effective solution. Additionally, it has no side effects, unlike medicinal drugs which have common minor or major side effects like dizziness, fatigue, nausea, liver problem, heart issues

etc. The Indian culinary tradition is a wonderful repository of home remedies and many ingredients like ginger, tulsi, honey, turmeric root, giloy guduchi, rosemary, echinacea (coneflower), ashwagandha etc. play a significant role in fighting common cold. Being mindful while consuming food as a therapeutic diet, does wonders in managing common cold.

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