

Development of a Safe and Effective Polyherbal Cough Syrup Using Traditional Medicinal Herbs

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Abstract: Cough is one of the most common health problems experienced by individuals worldwide over many centuries. It acts as a protective mechanism of the body to clear the respiratory tract. Coughs are further classified based on various factors such as signs and symptoms, duration, type, and character. Among the different dosage forms used for the treatment of cough and cold, syrups are the most commonly prepared, used, and preferred. Herbal syrups are especially favored due to their advantages over synthetic syrups, such as fewer side effects and natural origin. Medicinal plants are widely utilized as primary healthcare agents, particularly in Asian countries. Herbal ingredients with expectorant and antitussive activities are commonly used in the formulation of cough syrups. This study briefly explores cough and its treatment through herbal remedies. The herbal cough syrup, being a liquid dosage form, is easier to administer compared to solid dosage forms and offers faster and more effective relief from cough. The method of preparation of herbal cough syrup was discussed, including the materials used and their respective quantities. In this study, three honey-based batches were formulated with concentrations of 35%, 40%, and 45% w/v. The final syrups were evaluated for quality through post-formulation studies.

Keywords: Cough, Herbal Syrup, Herbal Formulation, Herbal Treatment

