Formulation and Evaluation of Herbal Cough Syrup

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Abstract: *We wanted to make a cough medicine using only natural things instead of artificial chemicals that might be bad for you. More and more people in India are getting asthma because of things in the environment, and when you have asthma, your chest can get really congested, making it hard to breathe and causing coughs. So, we came up with a cough syrup made from herbs and other natural stuff. Then, we looked at how well our herbal syrup worked compared to cough syrups you can buy that are made with chemicals and other herbal syrups already out there. Some of the cough syrups that have artificial ingredients can cause problems like making people feel confused or even see things that aren't real. Our herbal syrup, though, uses special parts taken from two plants: Adhatoda vasica (it's also called Vasa) and Syzygium aromaticum (that's cloves!). We also added other natural ingredients. We think this syrup will help open up your breathing passages and make you cough less. People have used Adhatoda vasica for a long time to help with coughs. Scientists have also found that it can kill germs, reduce swelling, and protect your body from damage. Our findings suggest that using the leaves of the Adhatoda vasica plant is really good for treating coughs and doesn't seem to cause many bad side effects. This makes it look like a safe and good option to use instead of cough syrups made with artificial.*

Keywords: Cough Relief, Expectorants, Cough Syrup, Vasaka, Neem, Honey, Turmeric, Tulsi