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Research on Formulation and Evaluation of Herbal Syrup: Antitussive Activity

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Abstract: *The present study explores the formulation and efficacy of an herbal syrup developed for its antitussive properties. Cough, a common symptom associated with respiratory tract infections, often necessitates treatment to improve patient comfort and prevent complications. While conventional cough syrups often rely on synthetic compounds, the increasing interest in natural remedies has lead to the exploration of herbal alternatives. This study investigates the effectiveness of syrup containing a blend of medicinal herbs traditionally used for their expectorant, anti-inflammatory, and cough-suppressant properties.*

The formulation includes extracts from plants power such as Mentha (pudina), Cinnamomum verum (cinammom), Ocimum sanctum (holy basil) and Zingiber officinale (ginger) known for their therapeutic effects on the respiratory system. Its efficacy was compared to standard over-the-counter cough suppressants.

Results demonstrated a significant reduction in cough frequency and intensity in subjects treated with the herbal cough syrup, comparable to or surpassing the effects of conventional treatments. Additionally, the herbal syrup showed a favorable safety profile with minimum (no) side effects, highlighting its potential as a natural alternative to synthetic cough medications. This study underscores the therapeutic potential of herbal formulations in managing cough and provides a foundation for further clinical investigations..

Keywords: antitussive properties, expectorant, cough-suppressant, Cough, decoction

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