

Herbal Syrup

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Abstract: Cough refers to a powerful explosive expiration that clears the tracheobronchial tract of fluids and foreign materials. Given the high frequency of cough in both children and adults, the goal of this review paper was to document the plants used to cure and relieve cough in traditional culture and ethnobotany. The issues arising from the use of traditional opioid antitussive medications, such as codeine and codeine-like compounds, to treat cough in a variety of respiratory disorders. Medicinal plants have the potential to provide compounds with strong antitussive efficacy and little side effects. Specification of active compounds responsible for therapeutic action, as well as their measurement in healing medications, are recent advancements in modern phytotherapy, allowing for treatment rationalisation, particularly dose and monitoring of unwanted effects. The purpose of this formulation is to discuss the current state of the plant that is utilised as a source of food, cough-suppressing antitussives and expectorants, as well as their active components.

Keywords: Adhatoda, Adulsa, phytochemistry, pharmacology, Cough, Antitussive activity