

# **Formulation and Evaluation of Herbal Lozenges for Cough**

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**Abstract:** *The goal of the current study was to formulate and evaluate herbal lozenges incorporating traditional medicinal herbs—Adulsa (Vasaka), Ginger (Zingiber officinale), and Clove (Syzygium aromaticum)—for their effectiveness in relieving cough. These herbs are known for their expectorant, anti-inflammatory, and antimicrobial properties. Lozenges were prepared using the conventional molding technique with appropriate excipients such as sucrose, liquid glucose, and binding agents. The prepared lozenges were evaluated for organoleptic properties, weight variation, hardness, friability, pH. Results indicated that the optimized formulation showed acceptable physical characteristics and a sustained release of active constituents. The herbal ingredients used demonstrated potential synergistic action in relieving throat irritation and suppressing cough. The study concludes that herbal lozenges can serve as an effective, palatable, and safe alternative to synthetic cough suppressants.*

**Keywords:** Herbal lozenges, Adulsa, Ginger, Clove, Cough relief, Organoleptic evaluation, In-vitro drug release, Phytotherapy

