

Formulation and Evaluation of Polyherbal Cough Syrup

More Ankita Dashrath¹, Prof. Akshay Raut², Dr. K. P. Surwase³

Student, Aditya Pharmacy College, Beed¹

Guide, Aditya Pharmacy College, Beed²

Principal, Aditya Pharmacy College, Beed³

Abstract: Cough is one of the most common health conditions experienced by individuals across the world throughout history. It serves as a protective reflex of the body to clear the respiratory tract. Coughs can be classified based on various factors, including signs and symptoms, duration, type, and character. Among the different dosage forms used in the treatment of cough and cold, syrups are the most widely prepared, used, and preferred. Herbal syrups, in particular, are favored due to their natural origin and minimal side effects compared to synthetic syrups.

Medicinal plants are extensively used as primary healthcare agents, especially in Asian countries. Herbal ingredients possessing expectorant and antitussive properties are commonly incorporated in cough syrup formulations. This study briefly explores the nature of cough and its treatment through herbal remedies. As a liquid dosage form, herbal cough syrup is easier to administer than solid dosage forms and provides faster and more effective relief.

The study discusses the method of preparation of herbal cough syrup, including the materials used and their respective quantities. Three honey-based batches were formulated with concentrations of 35 percent weight/volume, 40 percent weight/volume, and 45 percent weight/volume. The final syrups were subjected to quality evaluation through post-formulation studies.

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

