

Formulation and Evaluation of Ivy Leafs Dry Extract with Dexamethasone Antitussive Natural Cough Syrup

Nikita Mule, Komal Padme, Dr. Nandu Kayande

Thakur Shivkumar Singh Memorial Pharmacy Collage, Burhanpur, MP, India

Abstract: *Acute cough due to viral upper respiratory tract infections (URTIs) and bronchitis is a common reason for patients to seek medical care. Non-antibiotic over-the-counter cough medications such as ivy leaf extract are frequently used but their efficacy is uncertain. Our purpose was to update our previous systematic review and evaluate the effectiveness and tolerability of ivy leaf in the treatment of acute URTIs in adult and paediatric populations. The clinical effects of Hedera helix have been investigated in a total of more than 20 clinical studies mostly in children suffering from upper airway infections. Ivy leaves (Hedera Helix) dry extract with Dexamethasone antitussive natural cough syrup. The pharmacological result also demonstrates that ivy leaves (Hedera Helix) and dexamethasone cough syrup are more effective in relieving cough due to the presence of triterpene saponins. Ivy leaves dry extract with dexamethasone cough syrup for the treatment of different disease of the respiratory tract system and include catarrh of the respiratory passages; symptomatic treatment of chronic inflammatory bronchial illnesses ; and acute inflammation of the respiratory tract accompanied by coughing (HMPC Assessment).*

Keywords: URTIs, Hedera helix, HMPC, Antitussive.

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