



Natural Cold & Cough Care Guide

Time-tested home remedies & practices to support your recovery

While we often try to avoid medication when dealing with a cold or cough, the discomfort can sometimes feel overwhelming. Having a reliable routine keeps you mentally prepared and physically supported the moment symptoms arrive.

Remember — the caregiver's role matters too. Someone battling a cold already feels drained and low on energy, so a little extra encouragement, patience, and care can make a world of difference in their recovery.

■ MORNING CARE DURING COLD & COUGH

■ **Note:** Starting your day with lukewarm water is a wonderful habit for *every day*, not just when you're unwell. The remedies that follow are specifically recommended during a cold or cough episode.

Step 1 — Start With Lukewarm Water

Begin every morning — sick or well — with a glass of lukewarm water. This gentle habit sets your body in the right rhythm and prepares your system for the day ahead.

Step 2 — Ginger-Garlic-Honey Mixture

Chop equal portions of fresh Ginger and Garlic. Mix in a pinch of Turmeric powder and Pepper powder. Stir this blend into a generous amount of honey and leave it overnight — the honey gradually mellows the sharpness of the Ginger and Garlic. Each morning, take one teaspoon of this mixture after your lukewarm water.

■ **The moment you consume this, you can almost feel the phlegm literally melting away** — the relief is quite immediate!

■ This mixture is especially beneficial for people with heavy sinus issues. Making it a regular part of your routine — even outside cold season — can bring significant, lasting improvement.

Step 3 — Omavalli / Karpooravalli (Indian Borage) & Tulsi (Holy Basil)

Throughout the day, chew one or two fresh Omavalli / Karpooravalli (Indian Borage) and Tulsi (Holy Basil) leaves as needed. If you prefer a drink, squeeze two to three Omavalli leaves with a few Tulsi leaves, extract the juice, and consume it — sweetened with honey or country jaggery if desired. **This juice is also safe for children.**

■ Everyday Garden Tip

Omavalli (Indian Borage), Tulsi (Holy Basil), and Betel leaves are incredibly common herbs — chances are you already have them growing right in your garden or balcony. Yet we tend to remember them only when illness strikes! Try making it a small daily ritual: whenever you pass by your garden, pick and chew just one or two leaves of these. Don't wait for a cold to start benefiting from them. ■

■ HERBAL TEA & KASAYAM

Swap your regular tea or coffee with a nourishing herbal brew. Add the following to water and bring to a boil:

◆ 2 Omavalli (Indian Borage) leaves	◆ A pinch of Carom seeds (Omam)
◆ 1 Betel leaf	◆ A pinch of Fennel seeds
◆ A few Tulsi (Holy Basil) leaves	◆ 2-3 Peppercorns
◆ A small piece of fresh Ginger	◆ A small piece of Cinnamon
◆ A pinch of Cumin seeds	◆ 2 Cloves

Herbal Tea vs Kasayam: If you boil it down to a small, concentrated amount, it becomes a potent *kasayam*; a larger, more diluted brew is your herbal tea. Both are equally beneficial.

*Serve as-is for adults, or sweeten with honey or country jaggery. **This drink can also be given to children** — use lighter quantities of the spices for kids.*

■ FOOD PATTERN DURING COLD & COUGH

Keep your meals as light and easy-to-digest as possible during this phase. When digestion demands less energy, your body can redirect more of its resources toward healing and recovery.

■ Marunthu Kolambu

A medicinal curry made with Thuthuvalai (Purple-Fruited Pea Eggplant), Omavalli (Indian Borage), and a host of healing spices. This is both nourishing and deeply therapeutic during a cold.

■ Milagu Rasam

A warm, thin Pepper-based soup that soothes the throat beautifully. Easy on the stomach and wonderfully comforting — your throat will thank you.

■ *Prefer foods similar in nature to these — light, warming, and spice-infused. The idea is to nourish without burdening the digestive system during recovery.*

■ STEAMING

Highly efficient — offers immediate relief!

- 1 Add Neem leaves, Nochi (Vitex Negundo / Five-Leaved Chaste Tree) leaves, and Omavalli (Indian Borage) to boiling water.
- 2 Lean over the bowl and expose your face to the rising steam.
- 3 For full-body benefits, drape yourself with a bedsheet over the steam. If that's not possible, focus on the face at minimum.
- 4 Once steaming is complete, avoid fans or air conditioning immediately. Allow the sweat to subside naturally before moving.
- 5 Best done on an empty stomach, preferably during the daytime.

■ PATHTHU — FOREHEAD PASTE

For heaviness in the head and face caused by congested sinus pockets:

Option A: Obtain a *Neerkorvai tablet* (Indigofera Tinctoria / True Indigo) from a Siddha pharmacy. Dissolve it in a little water to form a paste. You may also grind a single Clove into this mixture.

■ *Note: Clove can cause a mild burning sensation — **do not apply Clove for children, or use only 1/4 to 1/2 of one Clove if needed.***

Option B (if Neerkorvai is unavailable): Grind *Kasthuri Manjal* (Wild Turmeric) and one Clove against a grinding stone with a little water to form a smooth paste. Apply generously over the forehead, the bridge of the nose, and below the eyes to address congestion in the sinus pockets.

■ *Omit or minimise the Clove for children.*

■ FASCIA RELEASE TECHNIQUES

These simple techniques can be self-practiced or performed by a caregiver and are suitable for children as well:

• Cheek Stretch

Place the fingertips of one hand in a parallel line beside the nose. Using the palm of the other hand, gently stretch the cheek outward to release tension in the sinus pockets. *Refer to the reels for a visual demonstration.*

• Temple & Forehead Massage

Using circular motions, massage the temples, cheeks, and forehead to ease heaviness and improve circulation.

• Nose-Side Pressure Points

Place your index and middle fingers on the outer edges of the nostrils and apply gentle pressure to help relieve nasal blockage. *Refer to the reels for guidance.*

■ GENERAL CARE TIPS

- ✓ Sip warm water consistently throughout the day.
- ✓ Take complete rest — allow your body the space and energy it needs to heal.
- ✓ Step out into fresh air and gentle sunlight. Early morning sunlight is especially soothing and comforting. Avoid harsh midday sun, which can feel too intense on a sensitive body.

AVOID DURING RECOVERY

■ Cold foods & chilled water

Consuming cold items generates additional internal heat, which can prolong recovery.

■ Dairy products

Milk and dairy can aggravate phlegm accumulation and worsen congestion.

■ Limit Screen Time — For Adults & Kids Both

When your body is in recovery mode, rest truly means rest — and that includes your eyes and mind. Excessive screen time strains the body and delays healing. Whether you're an adult or a child, put the phone or tablet down and give yourself the full, undivided rest you deserve.

■ QUICK REFERENCE — FOR KIDS

A parent-friendly summary of what is safe and suitable for children during a cold or cough:

1

Juice of Omavalli (Indian Borage), Tulsi (Holy Basil) & Betel leaves

Squeeze a few leaves of each and extract the juice. Add honey or country jaggery to taste. Safe and soothing.

2

Herbal Tea / Kasayam

Use lighter quantities of the spices — reduce Pepper, Cloves, and Ginger to keep it mild and easy for kids. Sweeten with honey or country jaggery.

3

Paththu (Forehead Paste)

Use Neerkorvai or Kasthuri Manjal paste. Avoid Clove entirely, or use only a very tiny amount (1/4 to 1/2 of one Clove) if necessary.

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| 4 | Lukewarm Water
Encourage small, frequent sips of warm water throughout the day. |
| 5 | Turmeric-Pepper-Honey Palm Remedy
Mix equal quantities of Turmeric powder and Pepper powder, then add sufficient honey. Place it all in your palm, mix well, and let the child lick it — simple, effective, and kids often enjoy it! |
| 6 | Kasayam
Prepare with lighter spice quantities. Sweeten with honey or country jaggery and serve warm. |
| 7 | Steaming
Can be done gently for children with supervision. Ensure it's comfortable and not too hot. |
| 8 | Fascia Release & Massage
Cheek stretches, temple massage, and nose-side pressure points — all safe and soothing for kids. |
| 9 | Complete Rest
Encourage good sleep and rest. Let the body recover without pushing activity. |
| 10 | Fresh Air & Gentle Sunlight
A short outing in early morning soft sunlight is wonderfully comforting. Avoid harsh afternoon sun. |

Wishing you a swift and gentle recovery. ■

Follow for more natural wellness tips.