Common Cold Prevention, Cure and Control by Unani, Home Remedies, Ayurveda, Yoga and Homeopathy

Common Cold, characterized by a running nose, nasal congestion, and sneezing. It is caused by viruses like Rhinoviruses, Corona viruses, Respiratory syncytial virus, etc. There is no such effective cure of Common Cold even though; it is one of the big reasons to visit a doctor. If you know the symptoms well, cure may be done effectively at home. The role of alternative medicine in the remedial measure of common cold is commendable. Complementary and Alternative Medicine (CAM) like yoga, ayurveda, naturopathy, homeopathy, unani, siddha, diet, etc. has enough potential in curing Common Cold. Home remedies, preventions, and precautions are also important aspects in the treatment of Common Cold.

Symptoms and Signs of Common Cold

- Running nose
- Sneezing
- Nasal Congestion and stuffiness
- Mild Fever
- Muscle ache
- Cough
- Shivering
- Body aches and Headache
- Fatigue
- Weakness
- Loss of appetite
- Sore and scratchy throat
- Redness of eye
- Watery eyes
- Postnasal drip
Causes of Common Cold

- Overheated or chilled
- Rhinoviruses
- Corona viruses
- Respiratory syncytial virus
- Transmission of virus through saliva, air, cough, surfaces, blood, needles etc.
- Adenovirus
- Parainfluenza
- Sneezing
- Coughing
- Kissing

Complications of Common Cold

- Viral infection leads to heavy pain.
- Acute ear infection
- Rhinovirus leads asthma to chronic.
- More secretion of mucus from sinuses-Sinusitis.
- Increases the risk lower respiratory tract infection
- Tonsillitis
- Wheezing
- Secondary bacterial infections
- Pneumoia
- Broncitis
- Aggavarate the chronic respiratory conditions
- Laryngitis
- Pyrexia
- Pharyngiis

Risk factors for Common Cold

- Company with a person who has cold.
- Women and Children are more prone.
- Risk increases with stress people
- Unhygienic condition
- Exposed to smoke and smoggy air.
- Person with less immunity.
- Kissing
- Sharing utensil with the disease person.
- Cold winte
Tests and Diagnosis of Common Throat
Throat culture or blood test to know whether other diseases are involved.

Yoga for Common Cold
Yoga due to its holistic healing can prevent Common Cold and provide cold comfort. Yoga postures strengthen the immune system and help in preventing from germs infection thereby keep the body away from cold and cough. The different Yoga poses and Yoga techniques for remedy from common cold are being described here.

- Bhramari Pranayama helps to open sinuses and relieve pressure.
- Downward-Facing Dog ease congestion as the pose stimulates blood flow to sinuses.
- Jal neti cleanse the nasal passages, removes excess mucus from sinuses thereby helpful for normal breathing.
- Sutra Neti: It is excellent method of preventing cold inflammation of the nose as it rendered more resistance to attack by germs or viruses.
- Chanting OM is useful to clear sinuses.
- Setubandha asana facilitate restorative breathing.
- Sarvangasana helps to eliminate and prevent throats, nose ailments thus a good measure for common cold.
- Paschimothasana and Ardha Matsyendrasana are helpful to cure cold.
- Ushtrasana expands the chest and result in deep breathing.
- Bhastrika pranayama open up the air cells of the lungs.
- Anuloma-viloma eases nasal and chest congestion.

Natural Treatments for Common Cold
The various naturopathic remedy for common cold is given here.

- Fasting is advisable as it releases toxin from the body and helpful in common cold.
- Give more weightage on vegetable soup.
- Keep your body warm.
- Sweating is helpful so use your blanket to cover for 30 minutes.
- Hot spice tea is preferred.
- Put olive oil into your nostril to release excess phlegm.
- Take mixture of jaggery + black pepper + boil water to relieve fast.
- Water + lemon assuage the nasal congestion.
Ayurveda Treatment for Common Cold and Cough

More or less all people suffered from common cold at certain stage of life. Ayurveda, being a holistic alternative medicine, is a remedy for Common Cold. Ayurveda cure common cold and cough through herbs, foods and spices. Ayurvedic herbs and foods are well known home remedy. Prevention of common cold through ayurveda is an old tradition prevalent in the society.

- Decoction of equal part of raisin, black pepper, leaf of vasaka, cinnamon bark and root of glycyrrhiza-14 to 28 ml is to be taken with 5 to 10 gram of raw sugar thrice a day. These are natural and herbal common cold treatment as well as remedy.
- 1 to 2 vati to be taken with honey sufficient to make a paste or with 7 to 14 ml. of ginger, twice a day.
- 1 to 2 vati to be taken with 7 to 14 ml. juice of leaf of sacred basil and 60 to 120 mg bark of box myrtle twice a day.
- Prepare Nasya of dried ginger-600 mg. in 5 to 10 ml. milk. Its 2 to 4 drops to be instilled in the nose. It is useful for stuffy nose.
- Bishop’s weed easily opens up blocked nasal passages.
- Inhaling of Bishop’s weed Seeds clear nasal congestions.
- Brunt roots smoke of cassia ease the clogged sinuses.
- Boil the mixture of Cinnamon + Pepper + Honey to lessen sore throat.
- Cumin seeds are highly useful for cold.
- Ginger Tea is a good remedy for cold.
- To prevent sore throat, chew leaves of tulsi.
- Onion helps to remove sticky mucus from nasal passage.
- Ayurvedic medicines and herbs like Bhringasava, Anutaila, Vyoshaadi vati, Tribhuvana Keerti is prescribed by doctors for common cold remedy.
- 1 tsp of tulsi + boil water alleviates cold.
- 1 tsp of Cinnamon + boil water lessens cold.
- Boiled water along with fennel seeds and clove powder is also a useful remedy.
- Milk +turmeric help to recover from cold early.
- Eating of some raw garlic is an effective remedy for cold.
- Fasting followed by vegetable soup is good for cold.
- Sitopladi churna or Yashtimadhu churna along with honey helps to prevent cough.
- Panchakarma is also beneficial for common cold.
Common cold, Cough and Homeopathy

Common cold has solutions and remedies in Homeopathy. Homeopathy remedy can relieve symptoms like running nose, sneezing, nasal congestion & stuffiness, watery eyes, etc. Few of the important homeopathic treatment and homeopathic cure for common cold is described here. Before taking homeopathic medicine for common cold, it is suggested to consult a physician.

- Aconite napellus is used for sore throat and choking cough. It is a useful homeopathic remedy for common cold.
- Allium cepa is a useful natural common cold remedy for running nose and sneezing.
- Arsenicum album periodic cold can be treated by it.
- Belladonna is a good treatment for dry nose and acute headache.
- Bryonia help to overcome irritation and dry cough.
- Dulcamara is beneficial for body ache and clogged nose.
- Euphrasia reduces the formation of phlegm.
- Ferrum Phosphoricum is helpful at the beginning of cold.
- Gelsemium deal with drowsiness, lethargy and body ache with body sensation.
- Calcarea carb is a good remedy for children who faced frequent cold.
- Kali Bichromicum is beneficial for thick mucous, sinus headache and pain at the root of nose.
- Oscillococcinum is advantageous for severe cold.

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Home Remedy for Common Cold

Home remedy is safe, balance and cost effective in curing of common cold. A number of home remedy is available that is beneficial for different types of cold. Natural cures for common cold through home remedy are without any side effects. Home remedy for common cold is effective for cold virus.

- 1 tsp each of lemon + honey with a glass of warm water, thrice a day is a good homemade remedy for common cold.
- Gargling with salt + lukewarm water is useful for common cold.
- 10 drops of betel leaf juice + is beneficial, take twice a day as a natural remedy and common cold.
- Get rest as possible as you can.
- Onion + honey prevent from chronic cold.
- Liquid is preferred as it helps to discharge mucus.
- Excessive cold or heat should be avoided.
- Use hot liquid in the form of herbal tea and veg. soup.
- Rub the mixture of salt + mustard oil on ENT part to relieve from cold.
- Applied the mix of nutmeg + opium + cow’s milk on forehead and nasal area to open the congested nasal zone.
- 1 tsp each of gooseberry juice + ginger generally checks recurrence of cold.
- Eucalyptus oil is quite beneficial it is applied on the affected region.
- Ventilated room is preferred seeing the outside optimum temperature.
- Steam inhalation with Eucalyptus oil.
- Avoid milk and milk product.
- Vitamin C reduces the severity of Common Cold.
- Tsp of salt +10 ml of warm water may be used as nasal drop.
- Zinc is beneficial for dry and inflamed throat.
- Bath with cinnamon helps to relieve congestion.
- Mix of garlic + onion + water able to overcome cold.
- Ginger juice +Honey is fruitful for the disease.
- Garlic is preventive one due to its antiseptic properties, so one should go for garlic soup.
- Bath with warm water eases from nasal and chest congestion
- Warm milk + small quantity of asafetida are quite beneficial.
- To cure common cold, inhale the ingredients of coriander seeds + jaggery + water.
- To help to alleviate the symptoms, use the mix of black pepper + curd + sugar.
- To cure nasal blockage, take the mixture of tulsi seeds and ginger
- Inhalation of vapour of ladies finger + water b helps to remove throat infection and dry cough.
- Taking vapour of ajwain twice a day relieve from nasal blockage.
Unani Medicine and Common Cold

The different unani medicines and products are here for the treatment and cure of common cold.

- 6 gram of wheat husk, black peppers 5 in numbers and 1 gram of salt. Boil the entire ingredient in 120 ml. of water and strain it. The mix of unani medicine is given twice a day to get remedy from common cold.
- Take 12 gram of fresh leaves of almond and 1 gram of salt. Boil both the components in 180 ml. of water and strain the product properly. It is given once or twice daily on empty stomach.
- Take 5 gram of Banafsha flower, boil 120 ml. of water and strain. It is given twice daily on empty stomach. It is a good unani medicine for common cold treatment.
- 3 gram of Behidana + 5 pieces of Unnab + 9 almond. Boil the mixture. Boil Unnab and almond in 120 ml. of water and strain. Soak behidana in 60 ml. of water, extract the mucilage, mix with decoction and sweeten with honey. The product is taken twice a day. This unani product can prevent common cold.
- Boil 3 gram of Darchini in 120 ml. of water, strain and sweeten with sugar. The dose is given twice a day as a unani remedies for common cold.
- Dissolve 10 gram of the lauq Sipistan in 120 ml. water and take it at the bed time.
- Dissolve 10 gram of the Lauq Motadil in 120 ml. of hot water and take at bed time, can cure common cold.
- 25 ml. of Sharbat Sadar mixed with 60 ml. of lukewarm water at bed time.
- 25 ml. of Sharbat Banafsha mixed with 60 ml. of lukewarm water at bed time.
- 7 gram of Tiryaq Nazala in the morning.
- 7 gram of Khamira Khashkhash in the morning.
- 6 gram of Itrifal Ustukhudus with water at bed time.
- 12 ml. of Araq Gaozaban in the morning.

Prevention and Precaution of Common Cold

- Cold foods, Cold drinks, ice cream, fried foods, etc. should be avoided.
- Eat fresh cooked food.
- Keep yourself away from the infected person.
- Use kerchief or tissues while sneezing.
- Avoid cold showers, cold winds, and air conditioners.
- Avoid tomatoes and bananas.
- Don’t touch your eyes, nose and mouth.
- Wash your hands frequently after bathing and before eating because the biggest carrier of germs is your hand.
- Wash your hand with plain water.
- Use liquid iodine to remove virus.
- Avoid excessive stress or tiredness.
- More precaution should be taken for young children and seniors as they are easily susceptible.
- Follow optimum food and diet regimen.
- Follow ayurvedic lifestyle.
- Keep your kitchen and bathroom neat and clean.
- Sharing of water glass and utensil should be avoided.
- Keep fingers out of the eyes and nose.
- Take vitamin, especially Vitamin C as it make your immune system stronger.
- If you have fever, put moist clothes on your head to have good sleep.
- Sweet fruit juices are not good to take.
- Good to take boiled or steamed vegetables.
- Clean the surface with disinfectant.