

Herbal Cough Syrup Review Paper

Shubham Targe*, Rushikesh Soni, Balaji Watane, Vedant Ghodke, Pranali Ganraj

Rajesh Bhiyya Tope College of Pharmacy, Nipani Bhalgaon Chh. Sambhajinagar

ABSTRACT

Cough is the most common problem is faced by all the people. There are two types of cough 'Dry cough and Wet cough.' The dry cough is without mucous and wet cough is with mucous or secretion. The syrup is most commonly used and popular dosage form, it is used for curing cough and cold because it having ease of patients compliance. The Polyherbal cough syrup are formulated using various crude drugs. Antitussive, Antimicrobial, Antioxidant are some of the activities produced by the Polyherbal formulation. The antioxidant and anti-inflammatory syrup is used to treat the acute as well as chronic cough mainly chronic cough in patients of all the ages. In addition, the growing interest in alternative and complementary medicine is also contributing to the increasin popularity of herbal syrups. Many people are turning to traditional healing systems like Ayurveda, Chinese medicine, and herbalism for their health needs, and herbal syrups are a natural part of these systems. Overall, the current scope of herbal syrups is quite broad, and there is a growing demand for natural and herbal remedies. As more research is conducted, we may see the development of more effective and targeted formulations that can provide relief for a range of health conditions.

Keywords: Polyherbal Formulation, cough syrup, Adulsa , Antimicrobial, Antitussive

INTRODUCTION

Cough is a typical, enduring sign of numerous acute and chronic illnesses. Due to its disruptive effects, many people seek medical advice, and an enormous over-the-counter remedy market is supported. Upper respiratory tract infections (URTIs) and colds, as well as environmental exposure to smoke and/or allergens, are the most common causes of acute cough symptoms. Although most people cough at least once in their lives, the frequency of coughs is correlated with things like gender and allergy sensitivity.

1. Herbal medicines are part of a wide range of treatments such as phytotherapy, hydrotherapies, and Traditional Chinese Medicine (TCM), a few of which are applied in conventional medicine.

2. Whilst herbal treatments have a long history of use in varied cultures, randomized controlled trial (RCT) data on their effects is generally lacking. Herbal cough treatments with proven clinical efficacy include ivy/primrose/thyme-based preparations which are recommended as expectorants in current European guidelines.

3. Polyherbal anti-tussive agents are available in various forms, such as syrups, tablets, and capsules. However, it is important to note that the efficacy and safety of these agents have not been extensively studied, and their use should be done under the guidance of a qualified healthcare provider.

4. Why switch to polyherbal syrups?

5. Polyherbal syrup is a type of herbal medicine that contains a combination of different herbs. It has gained popularity in recent years as people seek natural alternatives to conventional medicines.

There are several reasons why one may consider switching to polyherbal syrup:

1. Synergistic effects: Polyherbal syrup contains a combination of herbs that work together to produce a stronger therapeutic effect than each herb would have on its own.

2. Holistic approach: Polyherbal syrup takes a holistic approach to healing by addressing multiple aspects of a health condition instead of just one.

Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.



3. Fewer side effects: Polyherbal syrup is often considered safer than conventional medicines because it is made from natural ingredients and has fewer side effects.

4. Long-term benefits: Unlike conventional medicines that often only treat the symptoms of a health condition, polyherbal syrup can provide long-term benefits by addressing the root cause of the condition.

Types of Herbal Cough Syrup

1. Flavored syrup
2. Medicated syrup
3. Artificial syrup

Advantages of Herbal Syrup:

1. No side effects
2. No Harmless

3. Easily available
4. Easy to adjust the dose for child's weight
5. No nursing is required, which main and the patient can take it with no help.
6. The liquid dosage form is executed for products like cough medicines.
7. Herbs Grow in common place.
8. Antioxidant by retarding the oxidation as sugar is Hydrolyzed in to cellulose and dextrose
9. Good patient compliance especially pediatric patients as syrup are sweet in test.

Disadvantages of Herbal Medicine: -

1. Herbal medicine can produce adverse effects.
2. Herbal medicine has another disadvantage is the rare risk of self-dosing herbs.

MATERIAL: -

Sr No	Ingredient	Uses
1	Tulsi	Antitussive
2	Ginger	Antitussive
3	Adulsa	Expectorant
4	Mint	Flavoring
5	Peppermint	Cough
6	Honey	Viscosity modifies



Adulsa



Peppermint



Ginger



Tulsi



Honey

1. Collect the All Ingredients and Apparatus.
2. Clean All Glassware and Wash Adulsa leaves and Tulsi Proply.
3. Arrange Water Bath at Room Temperature and Extract the Adulsa And Tulsi Leaves
4. Filter Out Boiled Solution Carefully
5. Then Add Sufficient Quantity of Homey To Maintain the Consistency Of Solution
6. Add Mint Extraction To Give Cooling Effect
7. Then Add Turmeric Powder for Preservation of Solution to Long Period

Procedure: -**Evaluation and Parameter: -**

Sr. No	Parameter	Observation Value
1	Colour	Dark brown and red
2	Odour	Aromatic
3	PH	6.2
4	Viscosity	0.03989
5	Taste	Sweet

CONCLUSION: -

The formulation studies of all these formulations were within specifications. Also, the physiochemical properties of prepared syrup like colour, odour, taste, pH, viscosity were satisfactory but among the formulation is was within the all specification it has proper concentration of honey as per Ip and also a good preservative. The present study helps to develop effective and safe herbal cough with 50% w/v honey as a base of cough syrup.

REFERENCE

1. Darji Ayushiben Ganesh Kumar And Ms Vaishali pardhe Formulation and evaluation of herbal cough syrup International journal of creative research thoughts Volume-12 Issue4 ISSN 2320-2882.
2. Devkar Mohan J*1, Shaikh Shahrukh S. M.1, Amol G. Jadhao3, Miss. Jayshri Sanap4, Prashant A. Patil5 Formulation and Evaluation of Herbal Syrup Asian Journal of Pharmaceutical Research and Development. 2021; 9(3): 16-22
3. Shraddha Vinod Jadhav1, Abhishek Prakash Jaiswal2, Lovekesh Jitendra Jaiswal* 3Yuvraj R. Girbane4and Sabahat Khanum5 REVIEW ON HERBAL COUGH SYRUP World Journal of Pharmaceutical Research SJIF Impact Factor 8.453Volume 13, Issue 12, 76-84. Review Article ISSN 2277–7105
4. Gule Samreen kazi*, Dimple S. Sahare, Bhairavi V. Gawande, Dr. Suhas P. Padmane, Dr. Sheelpriya Walde Current and Future Trend of Polyherbal Cough Suppressant (Anti-Tussive) Syrup Int. J. Pharm. Sci. Rev. Res., 80(2), May – June 2023; Article No. 05, Pages: 36-39 ISSN 0976 – 044X
5. Mr. Tanvir S. Rohokale1, Miss. Kalyanee V. Gavande2Dr. Amol N. Khedkar3, Mr. Mr. Harshwardhan D. Ghadge4 on Formulation and Evaluation of Herbal Cough Syrup International Journal for Multidisciplinary Research (IJFMR) E-ISSN: 2582-2160
6. Nikhil Choudhary*, Muskan, Mrs. Manjit Kaur, Dr. Rajesh Gupta Herbal Cough Syrup© 2023 IJNRD | Volume 8, Issue 3 March 2023 | ISSN: 2456-4184 | IJNRD.ORG
7. <https://www.google.com/search?q=physical+and+chemical+prope+rties+of+tulsi>.
8. Int. J Med. Pharm. Res. (P-ISSN: 2958-3675 | E-ISSN: 2958-3683) Available on: <https://ijmpr.in/International Journal of Medical and Pharmaceutical Research Formulation and Evaluation Of Herbal Cough Syrup Akanksha Pardhi1, Rashmi Patil2, Miss. Swapnali Mahajan3, Miss.Sunita Chopde4, Mr. Satish Bramhane>

9. www.ijcrt.org © 2024 IJCRT | Volume 12, Issue 4 April 2024 | ISSN: 2320- 2882 “Formulation and Evaluation of Herbal Cough Syrup” Darji Ayushiben Ganeshkumar1Ms.Vaishali Pardhe21Research Scholar, B. Pharmacy College Rampura2Assistant Professor, B. Pharmacy College Rampura.

HOW TO CITE: Shubham Targe*, Rushikesh Soni, Balaji Watane, Vedant Ghodke, Pranali Ganraj, Herbal Cough Syrup Review Paper, *Int. J. Sci. R. Tech.*, 2026, 3 (3), 104-107.
<https://doi.org/10.5281/zenodo.18898520>