



Current and Future Trend of Polyherbal Cough Suppressant (Anti-Tussive) Syrup: A Review

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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 increasing 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, Crude drug, Antimicrobial, Antitussive.

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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.
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.⁵

However, it is important to note that not all herbal remedies are safe or effective. It is essential to consult with a healthcare professional before making any changes to

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



your treatment plan. Additionally, some herbs may interact with medications or have contraindications for certain medical conditions, so it is important to be informed and cautious when using polyherbal syrup.⁶

Polyherbal Antitussive Agents

Polyherbal anti-tussive agents are herbal formulations that contain a combination of two or more herbs that are traditionally used for their cough-relieving properties. These agents are believed to work by soothing the irritated throat, reducing inflammation, and suppressing the cough reflex. Some commonly used herbs in polyherbal anti-tussive agents include:

***Adhatoda vasica (vasaka)*:** This herb is commonly used in Ayurvedic medicine for respiratory ailments. It is believed to have mucolytic and expectorant properties, which help to thin and loosen mucus, making it easier to expel from the respiratory tract.⁷

***Glycyrrhiza glabra (licorice)*:** Licorice root is commonly used in traditional medicine to soothe sore throats and relieve coughs. It is believed to have anti-inflammatory and expectorant properties.⁸

***Ocimum sanctum (holy basil)*:** This herb is commonly used in Ayurvedic medicine for respiratory ailments. It is believed to have anti-inflammatory, antioxidant, and immunomodulatory properties, which may help to reduce inflammation in the respiratory tract and support immune function.⁹

***Zingiber officinale (ginger)*:** Ginger is commonly used in traditional medicine to relieve coughs and soothe sore throats. It is believed to have anti-inflammatory and analgesic properties.¹⁰

***Piper longum (long pepper)*:** Long pepper is commonly used in Ayurvedic medicine for respiratory ailments. It is believed to have expectorant and bronchodilatory properties, which may help to reduce inflammation in the respiratory tract and improve airflow.¹⁰

***Solanum indicum (Bruhati)*:** Bruhati also known Indian nightshade, is a plant commonly used in Ayurvedic medicine for its various medicinal properties. It is believed to have antitussive, expectorant, and bronchodilatory properties, among others.

The active antitussive content in bruhati is believed to be solasonine and solamargine, which are steroidal glycoalkaloids. These compounds are believed to have cough-suppressing properties by acting on the cough reflex centers in the brain.¹¹

Usage and Preparation of Herbal Drugs

The use of herbal drugs in the correct way provides effectual and safe treatment for many ailments. The efficiency of the herbal drugs is typically subjective to the patient. The strength of the herbal drugs varies based on the genetic distinction, growing conditions, timing and method of harvesting, revelation of the herbs to air, light

and dampness, and type of conservation of the herbs. Some of the plants that make up herbal drugs are cultured and processed in the country and others are imported from around the world. Raw materials for herbal drugs may be derived from carefully cultivated plants or collected in the wild. Herbal drugs are accessible in several forms and often require preparation before their use. They can be normally purchased in mass form as dried plants, plant parts or insecurely packed for herbal teas and decoctions. Decoctions are made by boiling the herb in water, then straining out of the plant material. More intense forms of herbal drugs are available in the form of hydroalcoholic tinctures and fluid extracts. Methods of preparation may differ because of the nature of the plants active chemical constituents.¹²

Marketed Polyherbal Cough Syrups

Product	Manufacturer & Active Ingredient
	<p>SANDU</p> <ul style="list-style-type: none"> • Adulsa • Tulasi • Sh.tankan • Yashtimadhu • Shunthi • Pippali • Bhibitaki • Lavang
	<p>BAIDYANATH</p> <ul style="list-style-type: none"> • Choti kateri • Vasak • Tulsi Panchang • Yashtimadhu • Pipplai • Apamarg • Somlata • Khusrasana • Ajawan • Kalimirch • Bharangi • Kakrashringi • Bahera chilka
	<p>PATANJALI</p> <ul style="list-style-type: none"> • Kali Mirch • Bhringraj • Tejpatra • Sonth • Lavang • Dalchini • Mulethi • Chhoti pipal • Tulsi • Banfsa



ZANDU

- Haridra
- Tulsi
- Sunthi
- Lavanga
- Banaphsa
- Madhu/ honey

Trends of Polyherbal Cough Syrup¹³

Polyherbal cough syrups are becoming increasingly popular due to their natural and safe ingredients. These syrups contain a blend of different herbs that have been traditionally used to treat cough and other respiratory problems. The trend towards natural and herbal remedies has also contributed to the popularity of polyherbal cough syrups.

Some of the commonly used herbs in polyherbal cough syrups include ginger, turmeric, licorice, basil, honey, and thyme. These herbs have anti-inflammatory, antibacterial, and expectorant properties, which can help relieve cough and other respiratory symptoms.

Another trend in polyherbal cough syrups is the inclusion of vitamins and minerals such as vitamin C, zinc, and magnesium. These nutrients can boost the immune system and help fight off infections that can cause cough.¹³

Future Prospectus of Polyherbal Cough Syrups

Since decades the practitioners of traditional herbal medicine have been verbally passing on instructions as how to prepare medicine from herbs. They usually don't keep records, but now WHO has publicized in documenting the use of medicinal plants by traditional practitioners across the Herbal Medicine: Current Trends and Future Prospects 7 world. Therefore efforts have been increased in many developing countries to document ethnomedical data on herbs. It has made easier to scientifically validate their pharmacological values. Once these local ethnomedical preparations are scientifically evaluated and disseminated properly, people will be better aware and satisfied regarding efficacious drug treatment and improved health status

In summary, the current trends in polyherbal cough syrup include the use of natural and safe ingredients, a blend of different herbs with anti-inflammatory and expectorant properties, and the inclusion of vitamins and minerals to boost the immune system.¹⁴

CONCLUSION

Polyherbal cough syrup is a formulation of multiple herbal ingredients that are believed to have cough-relieving properties. The future prospects of polyherbal cough syrup

are quite positive, as there is increasing interest in natural and herbal remedies for respiratory illnesses.

One of the main advantages of polyherbal cough syrup is that it is a natural product and does not contain synthetic chemicals that may cause unwanted side effects. Many people prefer natural remedies because they believe they are safer and gentler on the body.

Another advantage of polyherbal cough syrup is that it may be effective against a range of coughs, including dry cough, wet cough, and cough caused by allergies. This means that it has the potential to appeal to a broad market of people suffering from different types of coughs.

There is also growing evidence to support the use of certain herbal ingredients in polyherbal cough syrups. For example, research has shown that ingredients such as ginger, licorice, and honey have cough-relieving properties. This research is likely to continue in the future, leading to the identification of more effective herbal ingredients for treating coughs.¹⁵

In conclusion, the future prospects of polyherbal cough syrup are quite positive, as there is increasing interest in natural and herbal remedies for respiratory illnesses. As more research is conducted, we may see the development of more effective and targeted formulations that can provide relief for a range of coughs.

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