



## Natural Remedy for Cold

### Cold:

- The common cold is a viral infectious disease of the upper respiratory tract which primarily affects the nose. It is also known as nasopharyngitis, rhinopharyngitis, acute coryza, head cold, or simply a cold. The common cold may occasionally lead to pneumonia, either viral pneumonia or secondary bacterial pneumonia.



### Causes:

- Colds are caused by viruses which attack the lining of the nose and throat, inflaming these areas. As they become inflamed, they begin to produce more mucus, resulting in a runny nose and sneezing. More than 200 types of virus can cause a cold.

### Symptoms:

1. Cough
2. Runny Nose
3. Sneezing
4. Sore Throat
5. Fever

### Diagnosis:

- Adults will suffer from two to four colds per year. Although the cold is caused by a virus and there is no cure, it is still the most common reason people go to the doctor. You can usually diagnose yourself and treat at home.

### Cold subside:

- Garlic, tomato, onion and suppressed well, add water to boil it. Let the soup is ready. If you eat the soup, you will subside the cold.

### Ingredients:

1. Garlic



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2. Onion
3. Tomato

### **Natural Remedies:**

- Garlic is a powerful antioxidant with antimicrobial, antiviral and antibiotic properties. Garlic's components are vitamin C, a slew of enzymes, and minerals such as sulphur and selenium. During cold, one popular folk remedy is to eat a spoonful of raw, chopped garlic cloves.
- Onion is well known for strengthening the immune system, as well as being brilliant natural antibiotics, anti-inflammatories and expectorants. Onions are a gentler form of some of the active components in garlic. So onions are more suitable for children, the elderly, people who need a gentler remedy.

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