

Mint your way, through monsoon!

Mint, known for its fresh flavor, also offers benefits beyond the culinary world. Mint, that aromatic herb you love in your mojitos, is a powerful natural remedy for coughs. Packed with anti-inflammatory and expectorant properties, it can soothe your irritated throat and help clear congestion.

Harness the Power of Mint for Cough Relief

Soothing Mint Tea

Steep fresh mint leaves in hot water for a few minutes. The resulting tea can help calm irritated throat tissues and reduce cough frequency.



Inhale the Benefits

Add a handful of fresh mint leaves to a bowl of boiling water. Inhaling the steam can help clear congestion and ease breathing discomfort.

Have menthol crystals?

Add a few crystals to eucalyptus oil and warm it. Applying this on the blocked nose opens up blocks



Irritating throaty cough?

Roast few mint leaves and chew them with little honey/ Palm jaggery



Grow Your Own Mint Oasis



The monsoon season is the perfect time to cultivate your own mint plant. It thrives in humid conditions and requires minimal care. Simply plant a cutting in a pot with well-draining soil and place it in a spot with indirect sunlight. With a little love, you'll soon have a fresh supply of mint leaves at your fingertips.

For doubts and queries, please reach out:
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