

- Alternative medicine

Try these home remedies to regain the sense of smell and taste post Covid-19

Loss of smell and taste was one of the most common signs of Covid-19. If you still haven't regained these senses, try out these home remedies

HT City · 16 Jul 2021 · 04 · Nikita Bhardwaj

Most people who had Covid-19 experienced a loss of taste and smell. Some got it back soon after recovering, but there are some who have not. The good news is that some easy-to-spot kitchen ingredients might help you get your smell and taste back on track:



Castor oil: Put one drop of warm castor oil in each nostril, twice a day. This is beneficial in eliminating inflammation,” says Dr Ankita Gupta, ayurvedic expert.

Garlic: Add two to three chopped garlic pods to a cup of water. Boil the ingredients in a saucepan. Once the mix cools down, strain it and drink it. Having antiinflammatory properties, garlic can help too.

Lemon: Add lemon and honey to a glass of water and drink it immediately. The properties of these two ingredients can help with the return of taste and smell.

Ginger: Take a piece of peeled ginger and chew it slowly. Start chewing the piece at regular intervals. If you can't chew the ginger piece directly, have some ginger tea. Do this every day. The aroma of ginger is strong and can enhance your sense of smell and taste,” recommends Dr Gupta.

Peppermint: Take ten peppermint leaves and add them to a cup of water and boil the ingredients. Strain the solution once it cools down and add some honey. Drink it immediately. The main constituent of these leaves is menthol. It is anti-inflammatory and antimicrobial in nature, which can alter your sense of smell and taste.

Drink enough water: Drinking plenty of water helps in clearing unwanted cough. Water keeps the body hydrated. This can help avoid problems of smell and taste. “With the help of hot steam, nasal congestion and nose blockage will be cured. That will give your nose an open gate to breathe,” asserts Dr Gupta.

These steps need to be taken regularly. You can also rely on diet changes to assist you in recuperating quickly.