

- Alternative medicine

Health benefits of natural remedies

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Since ancient times, indigenous communities in Malaysia have been using natural remedies to relieve symptoms such as the flu, phlegm and cough.



Due to the advancement of technology, scientific studies have discovered the benefits of natural ingredients for respiratory health.

in a study titled cordyceps as a herbal drug published in

Herbal Medicine: Biomolecular and Clinical Aspects, Second Edition, it was found that oral administration of cordyceps in mice for four weeks significantly prolonged the swimming time of mice by about 20 to 24 minutes. This finding also suggests that the consumption of cordyceps helps reduce the effects of fatigue.

Apart from this, the administration of cordyceps decreased the airway inflammation in induced asthmatic mice, thus suggesting the possibility to ease breathing for individuals with cough and the cold as well.

A common symptom among asthmatic individuals is bronchoconstriction, where the airway becomes narrower. in a study published in

Phytomedicine titled

Bronchodilator effects of *Lignosus rhinocerotis* extract on rat isolated airways is linked to the blockage of calcium entry, tiger milk mushroom (cendawan susu harimau) is found to have bronchodilator properties (properties that help with the dilation of the bronchus inside the lungs).

This further supports the belief that the ingredient is helpful in reducing phlegm and relieving cough and the cold. *Andrographis paniculata* extract is believed to have a preventive effect from the occurrence of the common cold.

There is also a research published in Phytomedicine titled Prevention of common colds with *Andrographis paniculata* dried extract.

A pilot double-blind trial, a study among students in Chile during the winter season revealed that the occurrence of the common cold among those who consumed *andrographis paniculata* was only at 30% as compared to placebos which stood at 62%.

In conclusion, tiger milk mushroom, cordyceps sinensis, and *andrographis paniculata* are found to give various health benefits to respiratory health and the overall human body.

However, consumption of such ingredients must go hand in hand with a healthy lifestyle such as not smoking, avoiding polluted areas or wearing necessary protective equipment when exposed to polluted areas and exercising.

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