

- Cold (disease) / Cough / Alternative medicine

Home remedies that can help you deal with summer cold

HT Cafe · 16 May 2022 · 00 · Aayushi Gupta

While the winter season typically brings along coughs and sneezes, summer colds are more common than you imagine. If you're suddenly suffering from a runny nose, cough or throat pain this season, don't panic! We've got some expert-backed home remedies:



What causes summer colds?

A summer cold may sound weird but many people suffer from symptoms during the hot weather. Regardless of when you catch a cold, the cause is always a virus or infection that can happen in any season. Apart from this, seasonal allergies are also responsible. Symptoms of summer cold:

Sneezing

Body ache

Coughing

Runny nose

Sore throat

Fever

Headache

Chest pressure

Fatigue

Watery eyes

If you're experiencing these symptoms, you must get yourself tested because there's only a thin line between common cold and Covid-19.

Dr Bhumireddy Shilpa Naidu, general physician, suggests some home remedies in case it is a summer cold. She says, "Cold during summer is not rare. Most often summer colds are caused by a virus (Enterovirus). It is contagious and can travel in mucus, saliva and stool of sick people."

Antioxidant-rich herbs and spices such as garlic and ginger can help increase immunity

HOME REMEDIES

Take rest: Cold and cough can weaken and exhaust you by compromising your immune system. To battle viral infections and strengthen your immunity, you must get enough rest and sleep. Don't overwork yourself by doing rigorous exercises. This can put your immunity to the test and worsen your condition.

Stay hydrated: Make sure you stay hydrated by consuming plenty of water or energy boosting drinks. Try orange juice, which is high in vitamin C, but stay away from dehydrating liquids such as tea, alcohol, and coffee.

Increase vitamin C intake: As you probably already know, vitamin C is an immune booster. It helps your immune system fight bacteria and germs. Essential vitamin and mineral supplementation should be done on a regular basis. Add iron and zinc to your diet too.

Try herb and spices: Yes, antioxidant-rich herbs and spices such as garlic, lemon, ginger, turmeric, cinnamon, and pepper can help increase immunity. They can also assist to relieve a sore throat, decongest the body, and make you feel better in general. You should include them in your diet.

Use a humidifier: Humidifiers can keep your nasal passage moist and moisturised, preventing it from drying out and becoming scratchy, especially after a cold. To get rid of a cold or cough, you can also take steam at least three times a day. You can also keep your body warm by taking a warm bath or shower.

Moreover, follow these tips: Stay away from infected people Wash your hands regularly

Use damp wipes to clean nose Try saline nasal spray

Drink honey and ginger water