



Medicinal plants effective in treating sore throat and tonsillitis in children.

Sore throat is mostly due to swelling and inflammation of the pharynx. Pharyngitis is associated with a cold or discharge behind the nose, and in inflamed tonsils, red swellings appear at the end of the throat. Sore throat is common in children and young people and is often caused by a bacterial infection. In such cases, fenugreek and marshmallow medicinal herbs are recommended in the form of gargle and decoction.

This disease is associated with an itchy feeling in the throat, a feeling of boredom and fever in bacterial infections, and there may be abdominal pain or vomiting in tonsillitis in children under 12 years old.

Propolis is a substance produced by bees to reduce the contamination of their hives. This substance is a very effective treatment for tonsillitis and pharyngitis. Give the child a Propolis lozenge to suck for pain relief.

You can also alternately add fresh juice of sweet lemon and lime to hot water and mix it with a full teaspoon of natural honey and give it to the sick child.

The causes of hoarseness in this disease can be a dry environment, an environment where there is cigarette smoke or pollution.

In these cases, inhaling the steam extract of fenugreek and marshmallow plants reduces the swelling and inflammation of the larynx and calms the pain. Suitable extracts for soothing sore throat and tonsillitis include hyssop, rosemary and lemon.