



Improving seasonal sensitivity and spring sneezing with medicinal plants

Seasonal sensitivity is one of the problems that some people suffer from in spring, which has various causes and treatments. Seasonal allergy relief with tried and true techniques. Spring means flower buds and blooming trees, and if you're one of the millions of people with seasonal allergies, that means sneezing, stuffy noses, runny noses, and other annoying symptoms.

Seasonal allergy relief itchy skin with pursiane

pursiane plant has many properties and is one of the spring vegetables. This medicinal plant can clean the blood from waste and waste materials, especially bile materials. Eating this vegetable in meals removes the bitterness of the mouth and cures spring itchiness. To reduce the side effects and itching caused by seasonal allergies, take the juice of this plant and drink it to find out its positive effects.

Herbal decoction to treat seasonal sensitivity itchy throat

Allergy sufferers who suffer from itching in their throat and this itching is severe and bothers them. To treat this condition, it is better for patients to use herbal decoction and drink it once a day.

The way to prepare this type of decoction is to pour a few grams of violet flowers and sugar tea in 2 glasses of water and put it on a gentle heat until it boils and only

one glass of it remains. Then strain the remaining brew and drink it before going to sleep and after waking up in the morning to relieve your itchy throat.

Useful teas to reduce spring allergy symptoms

Ginger

Ginger has countless properties and the most used is to eliminate nausea. Ginger tea contains natural antihistamines and helps reduce inflammation of the nasal mucosa. You can brew some fresh ginger with warm water and then sweeten it with honey and drink it.

Peppermint

Peppermint tea is known as an anti-congestion tea. This tea reduces the release of anti-inflammatory enzymes such as histamines, which are the main cause of allergic reactions. So it can be said that peppermint tea is a good choice to reduce allergy symptoms.

Lemongrass

Lemon balm is an aromatic plant with a lemon scent and belongs to the mint family. Lemon balm tea relieves headache and respiratory symptoms related to allergies and has a relaxing effect.

Licorice root

Licorice roots have very powerful antihistamine and anti-inflammatory effects. Licorice infusion can help reduce allergy symptoms and relieve nasal itching.

Green tea

Green tea is an antioxidant rich in quercetin and strengthens the body's immune system against allergens with its anti-inflammatory properties. Quercetin is the

source of green tea pigments and helps prevent immune reactions caused by exposure to pollen, dust and animal hair.

Turmeric

Turmeric is famous for its strong anti-inflammatory properties. Also, this colorful spice, as a strong antihistamine, can be useful in reducing the symptoms of seasonal allergies. If you are dealing with seasonal allergies every year, include turmeric tea in your diet.

Seasonal allergy relief from spring sneezing with violet oil

Using violet and almond oil reduces sneezing caused by allergies and seasonal sensitivity. Putting a drop of violet oil in the nose twice a day is useful for people who suffer from seasonal allergies and are tired of constant sneezing. It is better for these people to massage their foreheads with the same oil so that the intensity of their sneezing decreases and gradually resolves.