



THIRIKADUGU CHOORANAM

Ref:- Siddha VaithiyaThirattu



Ingredients:

- *Zingiber officinale*
- *Piper nigrum*
- *Piper longum*

Action:

Thirikadugu Chooranam acts on respiratory illness and infections to maintain the normal function of lungs. It clears airways, preventing the inflammation, removes mucus and eases the breathing. It prevents the complications of sinusitis.

Indications:

Thirikadugu Chooranam can be prescribed for the following conditions,

- Cough and sore throat
- Sinusitis
- Bronchial asthma
- pneumonia/ phlegmatic condition
- Chest congestion
- Allergy

Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
1 g	-	-	Honey	10 ml	Y	Y	-	Y	30

Direction :- Take 1 g of Thirikadugu chooranam ,mix with 10 ml honey and consume 30 minutes after food.

Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

Side Effects:

Thirikadugu Chooranam is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

Note: The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.