



REVIEW ON HERBAL LOZENGES

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Abstract

The objective of this project is to develop and test herbal lozenges for the efficient control of prevalent diseases such as cold, cough, and sore throat. Lozenges are solid dosage units designed to disintegrate gradually in the mouth, creating a therapeutic and soothing effect along with a pleasant taste. In the present work, chosen herbal ingredients with documented medicinal properties like Glycyrrhiza glabra (licorice), Zingiber officinale (ginger), Mentha piperita (peppermint), and Ocimum sanctum (tulsi) were added to the formulation. Binding agents and natural sweeteners were added to increase palatability and stability as well as flavour. The outcomes showed that the herbal lozenges had favourable physical characteristics and showed symptomatic relief, which justified their potential as a safe, effective, and natural treatment for the control of cold and flu symptoms [1,2].

KEY WORDS- herbal lozenges, flu, cold, anti-inflammatory, throat infection

Introduction

Herbal lozenges are becoming increasingly popular as a natural remedy for sore throats, coughs, and minor respiratory discomforts. Made with plant-based ingredients, these lozenges offer a soothing alternative to chemical-based throat medicines. Their pleasant taste and natural healing properties make them a preferred choice for many people seeking relief during cold and flu seasons [3].

What Are Herbal Lozenges?

Herbal lozenges are small, slowly dissolving tablets that release herbal extracts and essential oils as they melt in the mouth. They are specifically designed to coat the throat, ease irritation, and provide moisture to dry tissues. Unlike traditional medicated lozenges, they use natural ingredients that work gently without harsh chemicals [4].

TYPES OF HERBAL LOZENGES

1. Expectorant Lozenges

These lozenges help in clearing mucus from the respiratory tract, making it easier to breathe. They are often made using herbs like licorice, ginger, and vasaka, which support healthy lung function [5].

2. Demulcent Lozenges

Designed to form a protective, soothing layer over the throat, demulcent lozenges relieve dryness and irritation. Herbs such as marshmallow root, slippery elm, and licorice are commonly used [6].

3. Antiseptic Lozenges

Antiseptic herbal lozenges help to reduce infections by killing or controlling germs in the throat area. Ingredients like thyme, peppermint, and eucalyptus are often included for their antimicrobial effects[5].

4. Anti-inflammatory Lozenges

These lozenges help in reducing swelling, redness, and discomfort in the throat. Herbs like turmeric, tulsi (holy basil), and licorice provide natural anti-inflammatory benefits[6].

5. Anesthetic Lozenges

Formulated to temporarily numb the throat and relieve pain, anesthetic lozenges usually contain natural ingredients like clove oil and peppermint oil[5].

6. Immune-Boosting Lozenges

Some herbal lozenges are aimed at strengthening the immune system to prevent infections. Echinacea, ashwagandha, and tulsi are popular choices for this type[5].

Advantages of Herbal Lozenges

1. Natural Healing:

Herbal lozenges use plant-based ingredients that support the body's natural healing process without relying on synthetic chemicals[7].

2. Fewer Side Effects:

Compared to chemical-based medicines, herbal lozenges are gentler and are less likely to cause side effects like drowsiness or irritation[7].

3. Soothing Action:

Many herbal extracts form a protective layer over the throat, helping to ease soreness, dryness, and irritation effectively[8].

4. Pleasant Taste:

Natural sweeteners and flavors from herbs make herbal lozenges more palatable, especially for children and sensitive individuals[8].

5. Immune Support:

Some herbal ingredients like tulsi and echinacea can strengthen the immune system, helping the body fight infections naturally[7].

6. Multifunctional Effects:

Herbal lozenges often combine multiple benefits — acting as demulcents, antiseptics, anti-inflammatories, and mild expectorants all at once[8].

7.Safe for Long-Term Use:

Because they are made from natural sources, herbal lozenges are generally safer for prolonged use compared to synthetic lozenges[8].

Disadvantages of Herbal Lozenges

1.Limited Scientific Evidence

Although many herbs are traditionally used in lozenges, there is limited clinical evidence supporting the efficacy of certain herbal ingredients, which may raise concerns about their reliability in treating respiratory conditions[11].

2.Possible Allergic Reactions

Some individuals may experience allergic reactions to specific herbs or ingredients used in the lozenges. For example, licorice may cause side effects like elevated blood pressure or water retention in sensitive individuals[13].

3.Interactions with Medications

Certain herbs may interact with prescription medications, reducing their effectiveness or leading to side effects. For instance, herbs like echinacea or garlic may interfere with immunosuppressive drugs or anticoagulants[12].

4.Lack of Standardization

Herbal lozenges may vary in quality, concentration, and potency due to the lack of standardized production processes. This inconsistency can make it difficult to know the exact dose or therapeutic effect of each lozenge[9].

5.Not Suitable for Children or Pregnant Women

Some herbal ingredients may not be safe for children, pregnant women, or breastfeeding mothers. Herbs like thyme or eucalyptus can be too strong for these sensitive groups[10].

6.Delayed Relief

Herbal lozenges may take longer to provide relief compared to chemical-based lozenges, as they generally offer a milder, gradual effect. This delay in action may not be ideal for individuals needing immediate relief[13].

Table of Ingredients

Ingredient	Role	Typical use percentage
Honey	Sweetener, humectant, soothing agent	10-15%
Glycerine	Humectant, preservative	5-10%
Herbal Extracts(e.g Ginger ,Licorice)	Active therapeutic agents(antiinflammatory,antimicrobial)	10-20%
Menthol	Cooling soothing and antiseptic agent	1-2%
Peppermint oil	Flavour, soothing properties	0.5-1%
Citrus peel powder	Flavour,antioxidant	1-3%
Sodium(or sugar Substitutes like Stevia)	Sweetener ,body of the lozenge	30-40%
Tapioca Starch or corn starch	Binder,texture,consistency	20-40%

Citric acid	Flavour enhancer ,PH regulator	1-2%
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