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How to prepare spice drinks - with defined herbs for chronic kidney disease Spice drink (For cold and cough/fever)



Spice drink provides relief from different types of cough and cold and also from fever. The medicinal properties present in this link also helps with the digestion process. Ingredients required to prepare 250 ML of spice drink:

Black pepper 2.5 g, clove 2.5 g, cinnamon 2.5 g, cardamom 2.5 g, ginger ½ inch , jaggery for taste with 200 ML water.

Method of preparation :

- Coarsely found all the ingredients.
- Add the water in a pot along with the ingredients and bring to boil.
- Once the solution comes to boil bring down the flame and simmer for the next 5 to 10 minutes.
- Pause the solution through a sieve.



Spice Drink