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(71)Name of Applicant:

1)Swami Vivekananda University

Address of Applicant :Telinipara, Barasat - Barrackpore Rd, Bara Kanthalia, Kolkata, West Bengal

700121, India. -

Name of Applicant : NA Address of Applicant : NA (72)Name of Inventor :

1)Ms. Beauty Roy
Address of Applicant :Swami Vivekananda University, Telinipara, Barasat - Barrackpore Rd, Bara Kanthalia,

Kolkata, West Bengal 700121, India. -2)Ms. S. Vinitha

Address of Applicant :Telinipara, Barasat - Barrackpore Rd, Bara Kanthalia, Kolkata, West Bengal 700121,

India. -

3)Ms. Puja Dutta

Address of Applicant :Swami Vivekananda University, Telinipara, Barasat - Barrackpore Rd, Bara Kanthalia,

Kolkata, West Bengal 700121, India. -4)Dr. Semanti Ghosh

Filing Date

The present invention relates to a natural anti-inflammatory powder formulation comprising a blend of medicinal herbs that alleviate respiratory inflammation, cough, and throat irritation. The formulation includes Cinnamon, Turmeric, Krishna Tulsi, Rama Tulsi, Cardamom, Ginger, Moringa leaves, Beetroot, and Clove powders, each selected for its anti-inflammatory, antimicrobial, expectorant, and immune-boosting properties. The powder is prepared using a dry blending method to ensure uniformity and potency. It is free from synthetic additives, making it a safe and effective alternative to pharmaceutical treatments. The formulation can be consumed by mixing with warm water, honey, or milk, offering a convenient and holistic remedy for respiratory health. Additionally, it provides a cost-effective, long shelf-life, and sustainable solution for individuals seeking natural relief from respiratory ailments.

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