# Roja Poo Kashayam / Rose Petal Tea / Herbal Drink for Sore Throat




Roja poo kashayam / Rose Petal tea is a decoction prepared by boiling rose petals either dried or fresh is effective home remedy against sore throat for both adults and kids. Roses are grown in our country not only for its beauty but also for its medicinal properties. It has got lot of health benefits and they are mainly used to cure stomach ache, intestinal infections, eliminate the wastes through kidney, irregular periods, anaemia, skin allergies, good for gall bladder and

liver, helps to improve bile secretion. This rose petal tea helps in alleviating **mild sore throats and bronchial infections**. Rose leaves are used to prepare gulkand and rose waters.  Use **paneer rose** to make this roja poo kashayam. Don't use any other rose variety to make this kashayam. Try this at your home, it will definetely cure your mild sore throat.

## Paneer Rose



**Image source – Google**

Check other herbal drink for cold and cough – Turmeric milk, kollu soup

# How to make Roja poo kashayam

Roja Poo Kashayam / Rose Petal Tea / Herbal Remedy for Cough




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Prep time
2 mins
Cook time
7 mins
Total time
9 mins

Roja pookashayam is a decoction prepared by boiling rose petals either dried or fresh is effective home remedy against sore throat.

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Recipe type: Drinks
Cuisine: Indian
Serves: 2

Ingredients

- Petals from 3 roses (fresh or dried)
- 3 Green cardamom
- Panang kalkandu (Palm candy crystals) to taste
- 1 Cup of Water

Instructions

1. Heat a pan with water, rose petals, cardamom and palm candy crystals.
2. Boil this for 5 -7 minutes and turn it off.
3. Filter it and drink it warm before going to bed.

Notes

You can use either fresh or dried petals.
Fresh petals gives lighter decoction.
Here I used dried petals so I got dark decoction.
If you don’t get palm candy crystals, add honey for sweetness.
Use paneer rose to make this tea. Don’t use any other rose to make this kashayam.

