



Homemade balm based on mallow as an alternative to reduce canker, teething and throat pain.

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Summary:

Mallow is a plant that helps relieve pain caused by gastritis, digestive and stomach disorders in general, it also has anti-inflammatory, antiseptic and anesthetic properties, it is effective in people with asthma, pharyngitis, common cough, burning throat, insect bites, among others. We elaborate this balm focusing on the reduction of sore throat, teething and/or canker, using naturopathic or herbal medicine that is the easiest to use when fighting common diseases and it is also easier to prepare at home.

Objective:

To elaborate a homemade balm based on mallow as an alternative to reduce canker, teething and throat pain.

Hypothesis:

If we make a homemade balm based on mallow then we will have an alternative to reduce the pain of canker sores, teething and throat.

Research Question:

How can we make a homemade mallow balm as an alternative to reduce canker sores, teething and throat pain?

Justification:

We have decided to do this topic because experts in the area of botany and medicine do not consider that it is appropriate to administer medicine to infants to end or combat common pain, and even so some parents do not take these indications into account and administer medicine and sometimes it is medicine for adult that damages the health of the infant. That is why we chose to make a balm based on mallow to reduce the pain of canker, teething and throat in infants.

The mallow is a plant that blooms from January to October, as it blooms much of the year. We have a problem, many people only use it to decorate.

The properties of the mallow can help us, use it as a broad-spectrum anesthetic and anti-inflammatory so making a balm based on mallow, can be an alternative to cases of common sore throats, canker sores and gums.

Problem statement:

Alternative medicine (naturopathic, botanical, herbal) is a solution to the main discomforts and common diseases, they are easier to obtain unlike the current medicines that some are expensive and difficult to get, and with naturopathic medicine is more practical to make and cheaper. They can use as remedies as long as we have enough knowledge to be able to use their properties correctly, just like current medicine, but if we do not use them correctly, they will cause us a side reaction and trigger other health problems.

In order to use a plant we must handle measures and weights, in order to calculate how much we will need, as well as its effects. The problem is that the mallow has not been exploited as it could, due to the difficulty of its measures and side effects and therefore, experts prefer to use plants with similar effects but that do not have the potential of the mallow and its benefits. We want to turn the plant around by creating a balm based on it to be able to reduce inflammation and disinfect the mouth and throat area.

Most people do not know the properties of mallow and think that this plant is not beneficial unless it is infused to eliminate gastritis and release the intestine.

Medicines that can be bought without a prescription, such as certain pills to reduce sore throats, contain dentocaine and also benzocaine, drugs that are prohibited in Panama to administer to children under 18, because 22 were affected, who are 11 children under 2 years.



1.- Place the fresh mallow in a water bath until it begins to release its essence.



2.- In a pot place 20 ml of water and 30 gr of dried mallow, boil to obtain an infusion



3.- While the infusion cools, grind the cloves and thyme.



4.- Mix and strain the essence and the infusion of dried mallow with the clove and thyme.

5.- Pack the mixture in the container and let cool.



Results:

40 ml of balm was obtained which contains 60 gr of small pieces of the plants that serve to give a greater benefit, flavor and even aroma to the product. The way to apply it should be by moistening the tip of a swab and then placing it in the place of the canker, in case of pain and/or burning of the throat it can be placed on the gums and with the help of saliva and normal movement of the mouth, gradually the balm will pass to the affected throat area and will take effect

Conclusions:

The excessive use of painkillers can be detrimental to the health of some people, which is why we set out to make a home-made product that was anti-inflammatory, anesthetizing and antiseptic, these benefits many people who have suffered some side effect from the use of these drugs and thus be able to offer them a homemade, cheap and natural alternative.

Discussion:

Some common pains, (such as canker, gums and throat pain), are usually side effects of diseases, these discomforts are usually treated with pain relievers, these can cause side effects in some people such as allergy or swelling, in the case of infants teething pain can be very annoying, so finding a solution for people who cannot consume these drugs was necessary, the properties of plants can help us as long as it is administered in the correct measurements and weights, so they are an easy alternative to get.

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