



UDS

Mi Universidad

Rosario Juliana Ortiz Ramos

Lic. En enfermería

3^{er} Cuatrimestre

Ingles

Cuadro sinoptico

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Ing. Arreola Jimenez Eduardo Enrique

COMMON REMEDIES

* Flu

What is?

It is an infectious disease of the respiratory tract caused by the influenza virus.

With which it is cured?

- Rest
- Hydration
- Symptomatic medications

* Common Cold.

It is a viral infection of upper respiratory tract that causes nasal congestion, sneezing and a sore throat.

personal care and medications.

* Pneumonia:

It is infection of the lungs that can be caused by bacteria, viruses, or fungi.

medications and supportive care.

- Chamomile Tea

What is?

The dried flowers of the chamomile plant (*Matricaria chamomilla*).

What disease does it cure?

- Digestive disorders
- Anxiety and stress
- Sleep problems

- Linden Tea

Prepared from the flowers of the linden tree (*Tilia spp.*). Traditionally

Digestive benefits
- Antispasmodic effects.
- Helps you sleep
- Relaxing and calming.

- Chicken Soup

It is a source of vitamins, minerals, and protein, especially important during illness or when

used to relieve cold and flu symptoms, such as nasal congestion, sore throat, and fatigue.

- Echinacea

Ingredients that is often used as a home remedy, especially to relieve respiratory problems and sore throats.

- Cough relief
- Sore throat
- Immune system boost

Bibliography--

<https://image-app.goo.gl/xckHozc4MnPrXC3M8>

<https://www.inc.ch/sites/default/files/inline->

[Files/212-ICN-Codeofethicsfornurses-1-2020.pdf">Files/212-ICN-Codeofethicsfornurses-1-2020.pdf](#)