

## Cough Suppressant and Pregnancy

**C**ough suppressants are the medications that suppress the urge to cough. Another type of cough medicine is expectorant. The basic difference between an expectorant and a cough suppressant is that the expectorant thins the mucus and promotes its expulsion, while a cough suppressant reduces or suppresses the urge to cough.



### Problems in the Heart Valves

Some forms of valve diseases, the valves do not open up or close properly and part of the blood is always drawn towards the lungs or it moves backward through the valve. Free flow of blood into the heart is also not possible when a valve becomes narrow. Therefore, the pressure in the left ventricle increases as it tries to put extra efforts during each contraction to pump out maximum amount of blood into the lungs. The pressure, thus built up, also exerts a force on the left atrium and the pulmonary veins which causes fluid in the lungs.

### Increase Water Intake

Drinking plenty of water also provides the same effect. Consuming adequate water throughout the day helps to thin out the mucus, making it easier to drain. So, at night one may get relief from chest congestion and cough.

Lastly, note that nearly all the respiratory disorders can be treated by avoiding smoking and exposure to air pollutions. Secondly, following a balanced diet, and exercising regularly will help in boosting immunity which also helps in keeping infections at bay. Take care!

### Gastroesophageal Reflux Disease (GERD)

Forceful coughing at night has also been attributed to acid reflux disease, a condition in which stomach acid travels in the backward direction and reaches the food pipe and the throat. This happens because the food pipe shows its inability to close properly. This abnormal back flow of stomach acid triggers a burning sensation in the chest and dry or mucus generating cough. Acid reflux coughing may begin soon after a heavy meal. In some cases, stomach acid that has accessed the throat may gain entry to the lungs. So, the coughing action associated with acid reflux is the body's mechanism of eliminating the trapped corrosive acid in the lungs.

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**Scratchy Throat Remedies** Scratchy itchy throat is generally a symptom associated with other neck conditions. There are lots of scratchy throat brings about - viral infections (like cold or flu), bacterial infections (like strep throat or whooping cough), allergies, dryness,...



CoughDry Cough

“ **Home Remedies to Stop Coughing** In case the cough persists for more than 3-4 days, or is accompanied with other symptoms, it is recommended to consult the doctor immediately. Secondly, it is also advised to take medication only after consulting the doctor.

Mentholated products like Vicks VapoRub can be rubbed on the chest to get temporary relief from the symptoms. If you have not been able to sleep comfortably due to nasal stuffiness, then consider sleeping in a slightly elevated position by putting some pillows at the top end of your mattress. Apart from these, you can try some safe remedies like honey added to a glass of warm water or a glass of orange or lemon juice. A warm shower, steam inhalation, drinking hot soup, and zinc lozenges are some other simple ways to get rid of the problem.

Researchers say that almost all smokers know the implications smoking has on their health, but it is difficult for them to give it up as they are addicted to it. Awareness about the ill-effects of smoking can educate a smoker, but it takes a lot of effort to get rid of this addiction. There are several programs that can help one to quit smoking, including medication and therapies. It is very difficult to wake up one morning and decide that you are not going to smoke, instead you should take the help of a counselor who can help you in getting over this addiction gradually.

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