

## Dry Drowning in Infants

**W**hen we breathe, expansion of [lungs](#) takes place, which generates a negative pressure in the lungs. The air that is filled up in the chest is inhaled by nose and travels from the nose, larynx, and upper airways. This is the normal functioning of lungs while we breathe. According to the classical definition of drowning, the term is used to describe death when occurred due to water filled in lungs. The person feels suffocated due to water in his lungs. Thereafter, this suffocation causes death. However, this is not the case with dry drowning, where an involuntary laryngospasm reflex causes an inability to breathe, as air cannot be inhaled into the lungs. This leads to unconsciousness and the person dies from lack of oxygen. It is a type of suffocation. This article will educate you about dry drowning in infants.



**Remedy:** Small gallstones are not a cause for concern but in case of medium to large sized gallstones that get stuck in the bile duct, symptoms progressively worsen. The doctor may prescribe certain medications that promote dissolution of gallstones. Increasing fluid intake and having plenty of vegetables and fruits, especially apples can also help to get rid of gallstones.

### Thyroid Problems

The thyroid gland found in the neck does a very important job of producing hormones, that ensure normal metabolic rate, for overall well-being. Thyroid problems can affect normal production of hormones. It is observed that symptoms of chills (with no elevated body temperature) and extreme tiredness are experienced by people, when the thyroid hormone is not being produced in sufficient amounts (hypothyroidism).

### Herbal Remedies

Honey and Pepper.

#### This is an Age-Old Remedy Which Helps Against Dry Cough

Honey helps sooth the throat and it also helps coat the area in the throat that has faced the maximum friction due to coughing. Pepper fights off the infection and helps subside the bouts for a while. All you need to do is to take a tablespoon of honey and then add a pinch of powdered pepper to it. Mix the concoction and swallow gently. Do not drink water after swallowing this concoction, as that would wash away the honey and pepper.

The blood volume in your body increases, which is why the veins and capillaries are pumped with more than normal quantity of blood, causing them to swell. This too can cause congestion.



Lungs

### Hormonal Changes Also Weaken the Immune System During Pregnancy

This is normal, as your body is only adjusting to the changes that are taking place, and not retaliating to the development of a foreign object inside you (the fetus, in this case). Due to weakening of the immune system, cold can occur several times.

- Garlic: If you can tolerate the taste and smell of garlic, then this is a very good remedy to use.
- Garlic has antibiotic and antifungal properties, and acts as a natural expectorant.
- Crush 2 - 3 cloves of garlic and keep eating them daily, till your throat gets better.

### Bronchospasm

Another common cause of a dry cough that is particularly worse at night, is bronchospasm. It refers to the narrowing of the airways. This narrowing is caused by the sudden constriction of the muscles in the walls of the bronchi and bronchioles.

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