

# Restrictive Lung Disease

**T**he lungs possess a characteristic property known as 'compliance', which helps their expansion and contraction. The state in which the ability of compliance is dropped is called restrictive lung disease. In case of people affected by this condition, the lungs may become stiff and are not able to expand properly. Stiffness of the chest wall, weak muscles, or damaged nerves could be responsible for the shortcoming of the lungs to expand fully. The intrinsic or fundamental reason behind this condition is lung fibrosis, which in turn is a condition that is characterized by the scarring with the lungs.

The scars spread all through the cells and finally are usually converted into a fibrotic mass. As the cells turn out to be fibrotic, their suppleness is dropped. With the increased tightness in the tissues, the lung function gets adversely affected. This diminishes power they have to release oxygen in the bloodstream. Other medical conditions that could contribute to this kind of lung condition include sarcoidosis, obesity hypoventilation syndrome, scoliosis, or neuromuscular diseases.

- Milk: Drinking milk is not a cause at the rear of white phlegm.
- However, it thickens the particular mucous which makes it harder to discharge it.
- Hence, stay away from excessive consumption of milk or dairy products when you have a throat infection.



LungsCough

- Make sure you keep drinking lots of water, and get adequate rest apart from following the over home remedies.
- If the remedies provided above don't help to improve within 2 weeks, or even in case your symptoms grow to be even worse, then seek a doctor's help.
- Chronic Bronchitis: This is a more serious condition and is usually caused due to smoking.
- The color of sputum might be bright, yellow, or green in color.
- This condition might prevail for months.
- But one thing to remember is that you need to get rid of the excessive mucous by coughing it.
- There are mucolytics which thin the mucus and make it easier to cough out the excess phlegm.
- Also, there are expectorants which can make spitting out easier.
- But in case a person has lung infection, antibiotics can be prescribed by the physician.

## Let Us Look At the Causes and Remedy Linked to this Symptom.

**Causes** Acute Bronchitis: Severe respiratory disease or chest chills occurs when the lining of the bronchial tubes obtain inflamed. In this problem there is a production of clear or white mucus. You might also have a persistent cough.

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