

# Husten Bronchitis: Dry Cough in Children

**C**oughing is the body's natural way of getting rid of foreign substances from the throat and respiratory tract. Given that, an occasional cough is normal and means no harm. However, a cough that stays for several weeks, does signal something severe. A dry cough, also known as nonproductive cough, does not produce any phlegm unlike a wet cough or productive cough. In most children, a dry cough is usually minor and relatively easy to treat. In some cases, however, it may be otherwise.



**Rapid breathing and shortness of breath Weakness and fatigue Severe chest soreness, especially while deep-breathing or coughing**

- Trachea lies to the anterior side of the esophagus; it is tubular in shape with a diameter of 1 inch. and length of 4.25 inch.
- Its length spans between the 6th cervical and 5th thoracic vertebrae.

## Risks of Whooping Cough

As mentioned above, due to the availability of advanced treatment methods and vaccination, the chances of contracting whooping cough is relatively less. Secondly, due to the same reasons, the chances of death occurring due to whooping cough are further lessened. According to the statistics, deaths occurring due to whooping cough are as low as 0.2% of the total cases. However, this does not mean that there cannot be any possibility of death. As there are reported deaths caused due to this disease, one should be aware of the whooping cough risks and take care in order to prevent them.

- Teach your child the proper way to gargle.
- Even better, help him/her practice with plain water first.
- Remember to tell your child not to swallow the saline solution but to spit it out, after gargling with it.

“ Decongestants Decongestants like phenylephrine and also oxymetazoline that are sold as nose declines, nasal sprays as well as in oral form will often be recommended for sinus problems patients. With one of these medicines, the inflammation of the mucous membrane lining the nose and sinuses subside. This is achieved by compressing the blood vessels that provide blood circulation to the mucous membrane. The reduced swelling not only helps to keep mucus production in check but also assists in easing breathing problems.

## Postnasal Drip

Respiratory issues such as common cold, seasonal flu and sinus infection are commonly accompanied by postnasal drip, a condition in which abnormally high secretion of mucus in the nasal activity (nostrils) that eventually travels down to the throat. The excess mucus build up gives a feeling of lump in the throat. People with post nasal drip cough frequently, especially at night, which actually helps to remove mucus and clear the throat.

## Gargle With Salt Water

Mucus in lungs, can move in the throat eventually. This may make the tonsils scratchy and result straight into loud coughing. In order to relieve the neck, gargle with brine. Gargling actually assists in mucus eradication from the throat.

## Have Spicy Foods

Eating hot and spicy foods frequently can make a person bit uncomfortable but it helps to remove mucous from your throat and lungs. Chili powder, horseradish and also ginger help in loss out your phlegm. This in turn, encourages mucus expulsion through hacking and coughing. However, just in case the signs are aggravating due to eating spicy foods, discarding these from the diet is advised.

Influenza Influenza or flu is a lung infection caused because of virus. It is a highly contagious condition brought on by the flu A, B, or C virus. It could spread by way of droplets in the air that contains the virus, and also due to hacking and coughing, sneezing, or even through direct contact with a great contaminated individual. It can also result straight into a good epidemic due to its extremely contagious nature. It is often confused with common cold.

- Dos and Don'ts If cough and congestion is caused due to common cold, the symptoms should clear within 1-2 days.
- If not, then the underlying cause may be severe.

- Cdyn = VT PIP - PEEP Cdyn stands for dynamic compliance;
- VT for Peak inspiratory pressure, and PEEP for Positive End Expiratory Strain.

## Kennel Cough in Dogs

It can be brought on due to a variety of viruses like canine adenovirus, canine parainfluenza virus, canine distemper, etc. Similarly, bacteria like Bordetella bronchiseptica can also be one of the causes. Kennel cough is an extremely contagious disease and it is spread through air. When a great infected dog coughs or sneezes, the herpes virus or even the bacteria combines with the air. When a healthy dog comes in contact with a dog struggling with the infection, he also gets contaminated.

The larynx, also known as sound box, is formed of cartilages. Epiglottis, thyroid and cricoid are the three important cartilages of larynx; other cartilages present inside the larynx are corniculate, arytenoid and cuneiform.

- Sinusitis Sinus infections are also one of the causes of lung mucous production.
- Sinuses are hollow cavities that allow air to flow from the nose to the windpipe.
- There are 4 twos of nose openings that connect to the nose.
- The mucous membrane located in the sinuses produce mucous which acts as a filtering system for dirt and dust.
- The mucus does not permit the unwanted contaminants to be able to reach the lungs.
- Nevertheless, a bacterial infection may cause inflammation of the sinus actions.
- This kind of eventually leads to mucus clogged sinuses.
- The excess mucus that has been made in the sinuses, may travel right down to the lungs and interrupt their particular function.
- Medicines Tessalon Perles (Benzonatate) is a drug that is prescribed for people suffering from persistent coughing at night.
- This oral medication can suppress and even stop cough caused due to allergies and colds.
- Tessalon Perles is a great remedy for chronic dry cough.
- This drug has been very effective to relieve cough, however, consultation with a doctor is essential before taking this medicine.
- This is because the drug is not suitable for certain medical conditions like asthma.
- Even pregnant women and children less than 10 years old are advised to stay away from this drug.
- Over-the-counter medicines just suppress the symptoms and do not completely cure the underlying cause.
- Therefore, it is essential to get the underlying cause diagnosed properly before trying for any medications.
- The gas exchange which takes place between pulmonary capillaries and alveoli is termed as pulmonary gas exchange.
- Movement of gas within pulmonary capillaries, towards peripheral capillaries and back to lungs is referred to as gas transport.

Dry cough and sore throat Itchy and watery eyes **Diagnosis** The doctor will question the individual in regards to the symptoms and do a physical examination. The physician may order a virus test to make sure that the diagnosis. A swab from your mouth is used and also tested to identify the flu virus. In some cases, a rapid virus test may also be suggested before prescribing any kind of treatment.

Bronchodilator As the name suggests, these are medicines that promote dilation of bronchi and bronchioles. The dilation lessen the inflammation of the bronchi, thereby allowing to be able to breathe easier. Along with bronchodilators, the constricted muscle groups of the bronchi rest. The actual thin passages of the bronchi now become wider, which allows the trapped mucus to move freely, resulting in far better elimination of mucous through breathing problems.

## Kennel Cough

Kennel cough often triggers a dry, hacking cough, which may be together with gagging and retching. This cough has a honking sound, and also may seem as if your dog is choking on something. Also known as canine transmittable tracheobronchitis, kennel cough often declines after exercise. As awful as it may sound, this problem, is not severe in many instances.

Cough, whether dry or wet, can take a lot out of your child's body. Although, you may not always prevent the condition from affecting your child, you can surely reduce the risks. One of the simple ways of doing it is by maintaining personal hygiene, and helping your kids learn to do the same.

Cough is a mechanism by which the body is able to throw away unwanted particles that have entered the throat and the lungs. One may experience intermittent bouts of coughing any time during the day, and is considered to be a protective response of the body that drives away all the undesirable debris from the respiratory system. However, coughing frequently everyday during nighttime is not normal and demands prompt medical attention. Be it children or adults, persistent night coughing gives a feeling of chest discomfort and disrupts a good night's sleep.

Symptoms High fever with shaking chills Weakness and fatigue Nausea, nausea, and diarrhea Headache, and pain in the joints and limbs

Drink Onion Juice Containing Honey A combination of red onion juice and honey can be helpful to get relief from cough. This acts as a natural cough syrup and it is found to be really effective to be able to alleviate cough symptoms. Help to make 1 tsp. of onion liquid as well as expose precisely 1 tsp. of sweetie involved with it. Get this mixture two times in a day and you are sure to get relief from cough.

## Steam Inhalation

Excess mucus production is often responsible for causing chest congestion and persistent cough. Steam inhalation provides an easy way to reduce mucus build up and improve cough. This simple home remedy liquifies the mucus, which facilitates mucus drainage from the lungs.

## Possible Causes

Cold and Flu: Viral infections just like cold and flu are usually very common. There is no cure for common cold; nevertheless, certain home remedies like warm drinks, steam, relaxation, etc. can provide relief. Often, one is affected with throat infections in the course of such viral infections. But, some people have a tendency to get a sore throat after chlamydia has transpired away.

- The left lung is divided into 2 lobes (superior and inferior) while the right lung into 3 (superior, inferior and middle).
- Each lung possesses a triangular organ called hilum; blood vessels, nerves, lymphatics and bronchi pass through the hilum.
- AlveoliThe alveoli are sac-shaped bodies present inside the lungs, at the tip of alveolar ducts.
- The alveoli function like an interface for the exchange of oxygen and carbon dioxide between lungs and capillaries.

## Allergic Reaction

Exposure to allergens, which can be air borne particles such as dust and pet dander during nighttime can also lead to sudden bouts of coughing. The immune system considers allergens as harmful substances, and so when they are inhaled, they irritate the respiratory tract. The irritation causes accumulation of mucus in the respiratory tract. To get rid of this mucus buildup, the person may excessively cough temporarily. Apart from forceful coughing, contact with allergens can also cause itchy watery eyes and congested nose.

- You can even mix 1 to 2 teaspoons of onion fruit juice and lemon juice together and add some water.
- Steam this kind of mixture and then add 2 teaspoons of honey in it.
- Set it aside for five hours and also have a teaspoon on this effective cough syrup twice daily.

Make a paste of basil leaves and honey. Give this mixture to your child whenever he/she has a cough. Soak some almonds in water overnight, and the next morning make a paste out of them. Mix this paste with honey, and give it to your child whenever he/she has a cough.

Treatment Gargling With Salt Water One can also get considerable relief from a bad, noisy cough that keeps everyone awake, by gargling several times with warm salt water. Mix half a teaspoon of salt properly into a cup of warm water and then gargle to reduce cough.

- There are high chances of kennel cough being contagious to people who are in close contact with the infected pet.
- On the other hand, people with a weakened immune system, like babies, children or old people are at a higher risk of contracting the disease.

Treatment And Cure Medicines Medications that can be used to treat this kind of lung problem are given below:

- As it is an airborne disease, cats can also get infected with kennel cough.
- Although cats do not show symptoms like cough, they can have a runny nose and fever.

Antihistamines Antihistamines may also help to relieve an allergic cough. When a person is exposed to an allergen, the body cells secrete a chemical known as histamine, which is responsible for causing bothersome symptoms. Taking prescription antihistamine such as Benadryl and 'Robitussin Allergy and Cough Syrup' is effective to stop the release of histamines, thereby helping to reduce or prevent allergy symptoms.

*Vomiting, sweating, nausea, and also diarrhea Older people may experience a feeling of mental confusion*

Dry Cough Remedy for Kids Mostly, you can relieve your child's cough with the help of some simple self-care treatment measures. However, if your child is an infant, then nothing would be more advisable than taking him/her to a pediatrician.

Causes Influenza can spread through droplets in the air containing the virus and as a result of coughing, sneezing, or via direct contact with the person have been infected with the influenza virus.

Symptoms Difficulty breathing and excessive breathing problems that expels greenish-yellow substance (mucus) are the common symptoms of too much mucus in lungs

## Viral Infections

Viral infections affecting the upper respiratory tract such as common cold and seasonal flu too can trigger barking cough in adults at night. In addition to night cough, these medical conditions are typically marked by sore throat, fever and body aches. Even after the viral infection associated with common cold has gone away, the patient may continue to experience dry cough that aggravates during nighttime and may last for quite a few weeks.

- Causes Common cold, a viral infection often leads to accumulation of too much mucus in the lungs.
- Other known causes are usually listed below:
- Symptoms Symptoms of a bacterial infection are usually more severe than those of a viral infection.
- A pneumonia infection as a result of bacteria or virus is accompanied by the following symptoms.

## Tuberculosis (TB)

Frequent bouts of cough in which expel both mucus and also blood is actually pointing toward tuberculosis (TB). It is a serious bacterial infection of the lungs in which the patient continues to be able to cough for about a month. Chest discomfort during inhalation, apart from coughing up blood as well as heavy mucus is often seen in TB sufferers.

- Honey Research has show that honey is an effective approach towards decreasing frequent bouts of cough that happen at night.
- Honey is completely safe and is often prescribed for children having coughing fits.
- A single dose, as recommended by the doctor, before bedtime can provide immense relief from persistent cough, and allow the child to sleep happily.

## Disturbed Sleep

This is a side effect which has now become a common symptom of expectorants not suiting you. You may suffer from sleeplessness or temporary insomnia, due to which you are drowsy and sleepy during the rest of the day. It is however, necessary that a suppressant be prescribed for the nighttime so that the individual may have a peaceful sleep, as he is not disturbed by the constant spasmodic coughing.

Pneumonia Too much mucus in lungs could also suggest in which the patient is suffering from pneumonia. This is an infection of harmful pathogens including virus, bacteria or infection that impact the lungs. In this condition, the particular lungs usually appear inflamed and the ones affected with pneumonia have a fever as well as knowledge reasonable to be able to severe cough and breathing in difficulties. Because the pneumonia progresses, the respiratory system respond by releasing much more than normal amounts of mucus in the lungs. To get rid of this particular excess mucous, the patients in many cases are seen coughing frequently which helps in order to discharge the mucus.

This procedure prescribed by many doctors works like a magic thus allowing the coughing. You will notice the mucus within minutes. Vicks VapoRub when used this way can stop coughing fits within 5-7 minutes, and to stop the patient to have a good night's sleep. People experiencing persistent bouts of cough at night have found relief for quite some time after covering feet soles with Vicks VapoRub.

- Is recommended to take prescription medicines to treat other accompanying symptoms like fever, headache, body ache, pain of any kind, etc.
- Antibiotics are required to treat bacterial bronchitis and bacterial pneumonia.
- However, antibiotics prove ineffective against viral infections.

## Causes and Symptoms

This is a highly-contagious and common health problem. It is a viral infection which is characterized by the upper respiratory system inflammation. There are several agents which are responsible for this infection. The most common among them are the parainfluenza virus, Bordetella bronchiseptica, and mycoplasma. The former is an airborne virus which is present in almost every dog. This infection usually spreads from one dog to another, especially in a place like a dog show or a kennel. The infection that is present in the lungs of the dog is released into the air when the infected dog coughs or sneezes. If another dog is present nearby, then that dog becomes infected as well. Some of the major kennel cough symptoms are as follows. However, do not worry as there is a vaccine for this illness.

- Corniculate cartilage facilitates the flap-like action of epiglottis.
- TracheaThe trachea, also known as windpipe, extends from larynx to bronchi.
- In fact, the trachea gets branched into bronchi.
- It facilitates the flow of air towards the bronchi.

Massaging a chest rub in which eucalyptus is an active ingredient can provide relief for many hours. Keeping indoors clean, free from dust mites and other allergens can also stop episodes of nighttime coughing. In case the aforementioned remedies provide temporary relief, with night cough resuming again, then it is indicative of a serious health issue, and so the first priority should be to consult a competent doctor and take the necessary treatment as per the diagnosis.

## Tracheal Collapse

If your dog has a honking and gagging cough, especially when he is excited, eating, or exercising, then he may be having a condition referred to as tracheal collapse. Trachea is a flexible tube made of sturdy, unfinished rings of cartilage. This tube helps in moving air to be able to and also from the lungs. Certain things may result in the tracheal rings in order to fall, causing airway obstruction, and hence the aforesaid symptoms. Toy-breed dogs are mainly affected by this condition.

What is Postinflammatory Lung Fibrosis? Fibrosis is the medical name given to excessive growth of connective tissues, in an organ or tissue. When the body is trying to be able to recover alone, that encourages extra cells progress, as a way of sealing the injury. But when the rise will become an excessive amount of, as opposed to the wound it encloses cells growth is harvested, fibrosis is said to have occurred. An example of fibrosis is scarring, in which the skin because region changes in color and also texture, and not regains its original form.

Asthma patients may get relief from cough and breathing problems by inhaling corticosteroids. On the other hand, people suffering from bronchitis are able to effectively manage their symptoms with broncho-dilators, medications that help to dilate airways and ease breathing.

## Inhale Steam

Inhaling steam is one of the home remedies to get relief from congestion. This train of steam inhalation liquefies the mucus, that assists to ease the soreness. However, people suffering from asthma, need to stay away from inhaling steam, as it can intensify the problem.

Emphysema Emphysema is a condition that is typically marked by progressive destruction of alveoli, small air sacs in the lungs that ensure inhaled oxygen will be transferred to the blood stream and also carbon dioxide is exhaled out of the physique. These air sacs that look like a cluster of grapes are found at the end of the bronchioles (airways). In the initial stages of emphysema, the alveoli appear inflamed, that interferes with the appropriate exchange of oxygen and carbon dioxide. Chronic cigarette smoking and associated with the are usually said to trigger emphysema. Usually, the tracheal alveoli tend to be flexible but with emphysema their particular elasticity is impaired. As a result, the tracheal alveoli tend to be unable residence off carbon dioxide and other harmful particles properly from the lungs. This build up of impurities results in excess mucus production in the lungs and it is then followed by shortness of breath and persistent coughing.

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