

Natural Home Treatment for Bronchitis

Bronchi are the airways within the lungs and when there is an inflammation in the bronchi, it causes bronchitis. Due to inflammation, lining of the bronchial tube is swelled. Breathing tubes become narrow and produce mucus in excess amount.

Causes of bronchitis may vary from person to person. The causes of bronchitis are-

- * Poor immunity system
- * Previous antibiotics
- * Respiratory yeast infections
- * Exposure to smoke for a long term
- * Pollution or allergies
- * Viral infection
- * Occupational handling caustic materials or fine grains and dusts

Symptoms of Bronchitis

- * Bluish lips from insufficient oxygen flow.
- * Fatigue
- * Low fever
- * Dry and congested cough or mucus-producing cough
- * Shortness or wheezing of breath
- * Other respiratory infection

Bronchitis, fungus and virus are the three bad guys which are involved in the bronchitis especially which occurs after another infection. For example- Post nasal drip taken for thick mucus results into sinus or other infection.

If before, there were no sign of bronchitis and any one is taking antibiotic for sinus and other infection then there is more chance to develop bronchitis. The thick mucus due to sinus reaches the bronchi and attracts the fungal yeast. Antibiotic, along with the bad bacteria kills the 'friendly' bacteria also and this leads to yeast infection. To maintain our immune system, it is necessary to keep balance between the good bacteria and bad bacteria of the body. It also prevents our body from infections.

Some of the natural treatments for bronchitis are-

- * Mullein is having all the properties of expectorant. It is an herb which helps in soothing of the throat and the muscle spasms is stopped.
- * Sundew is an herb, which helps to clear the mucus and relaxing of the spasms. For bronchitis, it is a very useful natural remedy.
- * Wormwood is an herb, which is used in making tea is very effective to cure the symptoms of infection. It is a very popular natural remedy.
- * Thyme leaf, ginger, linden flowers, licorice roots, coneflower are some of the popular herbs which are used as a natural treatment for bronchitis.
- * In relaxing of the spasms, an herb called white horehound is a stimulating expectorant.

* Tea prepared by garlic and ginger both or only by ginger is very popular natural remedy to reduce the symptoms of bronchitis. It should be taken 3-4 times a day.

* Outside the throat and chest, rub the eucalyptus vapor rub

* Avoid smoking

* Dairy products should be eliminated from diet.

* Increase the intake of garlic as well as beverages.

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About the Author

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