

Cough Remedies for Pregnant Women

Constant, nagging cough during pregnancy is not a serious issue but a bothersome problem indeed. It is quite a common occurrence as the immune system is quite weak during this period. It is usually caused by cold and flu or some allergic reactions. Cough is often accompanied by nasal congestion and a sore throat. Those women who have asthma may face breathing problems as well. The main aim of the remedy for this should be to provide an early relief to the expecting mother without causing any harm to the unborn baby.



How to Stop a Sinus Cough

With Medicines.

We Have Already Mentioned that It is the Sinus Drainage Which Actually Triggers the Cough

Therefore, when you visit a doctor, the treatment is not just confined to the use of cough medicine. Rather, it involves controlling the post nasal drip as well. Cough suppressants along with cough expectorants are two of the most widely used medicines for treatment. The suppressants helps in suppressing the coughing instinct. On the other hand, cough expectorants thin the mucus and facilitate faster expulsion of the mucus that trigger coughing. Besides, sucking on cough drops has a lubricating effect on the throat lining which in turn reduces the itchiness in the area that induces a cough.

Medication

Many medications like ACE inhibitors which are used to treat hypertension can cause dry cough, which in turn may lead to chronic cough in the morning. It is a very common side effect of ACE inhibitors. If you observe any such side effects while you are under medication for hypertension then discuss it with your doctor. Change in medication or brand may help.

Dry cough would surely decrease, once its cause is understood. If a person is suffering from it for a long time, it is important to visit the health practitioner, before the underlying problem aggravates leading to grievous situations.

Saline Gargle

This is one of the best remedies for fighting cough. Sea salt would be preferred in most cases, as it contains essential minerals. However, even common salt would work fine. Mix salt with lukewarm water and then gargle with the solution.



Cough Persistent Cough Dry Cough

Mild fungal infection in lungs can go on to become a life-threatening condition when left unattended. In case of aspergillosis, for instance, the infection can develop into a life-threatening condition referred to as 'invasive aspergillosis'. In this case, the infection first spreads to the blood vessels, and eventually to the other organs of the body and affects them. While healthy humans are better equipped to respond to the treatment options like antifungal therapy, in individuals with compromised immunity the mortality rate is quite high; around 90 percent in certain types.

Garlic and Honey: this is a Great Combination for Cough Relief

Take a few fresh cloves of garlic and chop them into thin slices. Put the garlic slices into a cup of honey and let them soak in it overnight. Take this mixture of honey and garlic juice two times in a day.

All These Cough Remedies Will Help Get Rid of the Symptoms Within a Week

Common cold is very contagious. Therefore, once you are free from infection, take suitable preventive measures so that you do not get the infection all over again. Maintain good personal hygiene. Stay away from people who are already having the infection.



“ **Victor Cooley**

Victor is a leading content curator at palyamotorozas.com, a site about health tips. Last year, Victor worked as a manager for a well-known high tech web site. When he's not reading new content, Victor enjoys singing and shopping.

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