

## Coughing Up Phlegm

Coughing is a reflex response occurring due to stimulation of the sensory nerves in the inner lining of the respiratory passages. It usually occurs due to blockage in the respiratory passages by inhaling dust particles in the air, or when a morsel of food goes down through the wrong passage. Phlegm or mucus is a thick, jelly-like fluid coughed up from the throat.



### Treatment

The treatment depends on whether the tuberculosis is latent or active. Treatment takes a long time and can span up to a period of more than 9 months. For latent TB, an antibiotic known as isoniazid (INH) is administered for a period of around 9 months. For active TB, the doctor usually prescribes a combination of four different types of antibiotics, given for a period of around 6 months, which might be extended to continue for another 3 - 4 months if needed. In severe cases, a surgery to remove the affected lung tissues may be required. It is imperative that the patient takes the medicines for the suggested period regularly without missing any dose.

### Remedy # 5 - Hot Water

Seems too simple? Good, that's basically the idea. Hot water when sipped throughout the day will keep the throat from drying up, thus preventing the painful bouts of dry cough. Other than that it will also act as a means of killing the bacterial growth and providing relief from the pain and inflammation in the throat.

- Yellow Phlegm: It may be possible that the phlegm may change its consistency and color depending on the stage of the condition.
- Yellow mucus is seen in case of a bacterial infection, lower respiratory tract infection, sinusitis, cold, or flu.
- Know that it is the accumulation of inflammatory cells that produce a thick, yellow mucus.
- Besides, the ejection of phlegm becomes very painful and uncomfortable, especially when it thickens.

### Allergy

As mentioned above, allergy is the most common cause of chest congestion. Allergic reaction can be experienced from various airborne products; resulting in cough, rash and occasional congestion. People allergic to pollen, smoke, dust, mold, etc., experience these symptoms.

Phlegm with Blood: Blood may appear in the sputum if you smoke excessively, or are exposed to pollution. Besides, coughing up phlegm with blood indicates that there is severe congestion in the respiratory passages, or minor damage to the tissue of the sinus and nasal cavities. However, phlegm with traces of blood must be attended to without delay, as it may be the indicator of an impending health problem. To err on the side of caution, consult a medical practitioner immediately.

### Know the Causes

Common cold, . a frequent cause of acute coughing up of phlegm, especially in the morning.

*Smoking . causes coughing of phlegm that is green, rusty-brown, yellow, blood-stained, or foul-smelling.*

*Gastroesophageal reflux, . or bacterial, or viral infections in the lungs, like acute bronchitis, whooping cough, and croup in children.*

- Asthma . is marked by major symptoms, such as coughing, wheezing, and dyspneal breathing.
- Phlegm is coughed out with much difficulty due to which your throat may experience momentary irritation and/or aggravation.

### Garlic: Garlic Contains Antibiotic and Antifungal Properties

Chew on 2 cloves of garlic in the morning and evening. However, the taste of garlic is extremely strong which makes it difficult to chew. So, when you chew garlic, take 1 spoon of honey along with it. But, be warned about the fact that eating garlic can make your breath smell.

### Remedy # 2 - Steaming

One of the best remedy for a sore throat and dry cough is to carry through a steaming session. Boil a vessel of water and add 3-4 drops of eucalyptus oil in it. Then cover the vessel with a towel and go on to take a steam. Come up for fresh air every time the steam gets too much for you. Continue doing this till the water has cooled down. Steaming dislodges the built mucus and pushes it down to the throat. This then helps in speeding the healing process. The other alternative is to draw a hot bath, add the eucalyptus oil in it and soak for 20 minutes.

How Long is **Bronchitis** Contagious after taking Antibiotics?

### Antibiotics are Prescribed to Treat Bacterial Cases of Bronchitis

After taking antibiotics, the infection usually subsides completely in 7-8 days. But, antibiotics are ineffective against viral infection and chronic cases of bronchitis. In minor cases, the infection resolves on its own. Once the symptoms subside completely, after completing the course of antibiotics, bronchitis is not contagious.

### Tuberculosis

Leads to episodes marked by a spasmodic pattern of coughing. Directly affecting the pulmonary system, the cough is thick in consistency and varies in color depending on the severity of the condition. In the prodromal stages of the condition, a patient is found to eject yellow phlegm; however, if the condition is not checked on time, the sputum color may change to green, or may be stained with traces of blood.

### Diseases that Affect the Lungs

Lung diseases may result from problems in one or multiple parts of the organ. Some common examples have been listed below. Symptoms of Lung Disease.

Cough, shortness of breath (dyspnea), and wheezing are the most common symptoms which show up in a person suffering from any kind of lung disease.

Although rare but incidents of stridor (refers to a whistling sound; usually occurs during inspiration).

*Various lung diseases may also lead to coughing up of blood (a condition known as hemoptysis), skin color taking on a bluish color (due to lack of oxygen in the blood), and most commonly chest pain.*

### Tuberculosis

Tuberculosis (TB) is a bacterial infection of the lungs. Although the lungs are the most common site for this kind of infection to happen, it can occur in any organ of the body, like the spinal cord, kidneys, or the brain. TB is contagious and can spread to a healthy person from a person infected with it. TB may be either latent or active. A latent type does not show any symptoms until it becomes active.



“ **Victor Cooley**

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