

A Simple Method for Relieving Throat Cough

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ABSTRACT

Throat phlegm, better known as cough, is quite common medical trouble amongst all age groups. A cough is an innate primitive reflex and acts as part of the body's immune system to protect against foreign materials; this is one's body's way of responding when something irritates his or her own throat or airways. The irritant stimulates nerves that send a message to the brain. The brain then tells muscles in the chest and abdomen to push air out of the lungs to force out the irritant sputum. There are many causes of cough, and most are benign. A way out is reported here for getting rid of the throat cough through a couple of steps in the shortest possible time; one has to stop swallowing the saliva, store it in the mouth for 20 to 30 minutes leading to irritation in the throat, and the subsequent hawk releases the cough. The process can be repeated a couple of times for complete relief without disturbing his daily routine.

Keywords: throat phlegm, cough, saliva, storing, releasing sputum

INTRODUCTION

Throat phlegm, better known as cough, is quite common medical trouble amongst all age groups. Its global prevalence has been observed by Woo-Jung Song et al. [1] to be highly variable, ranging from 2% to 18% [2]; Woo-Jung Song et al. [1] initially identified a total of 17,891 citations by the search strategy and retrieved 398 full-text articles after screening; out of them, they selected finally 90 studies. In this pooled analysis, the overall prevalence of chronic cough was 9.6%. The regional prevalence was higher in Oceania (18.1%) in 5541 subjects from three studies, Europe (12.7%) in 344522 subjects from 44 studies, America (11.0%) in 60585 subjects from 14 studies, Asia (4.4%) in 131566 subjects from 22 studies, and Africa (2.3%) in 34625 subjects from seven studies. The pooled prevalence according to country is presented in Figure 1. The National Health Portal of India reported 41,996,260 cases in 2019 and 3,740 deaths from these infections across India in 2018 [3]. A cough is an innate primitive reflex and acts as part of the body's immune system to protect against foreign materials [4]. The four main types of coughs are respectively wet, dry, paroxysmal, and croup. This is one's body's way of responding when something irritates his or her own throat or airways; cough is a vital protective reflex of the respiratory tract important for upper airway clearance

[5–8]. The irritant stimulates nerves that send a message to the brain. The brain then tells muscles in the chest and abdomen to push air out of the lungs to force out the irritant sputum.

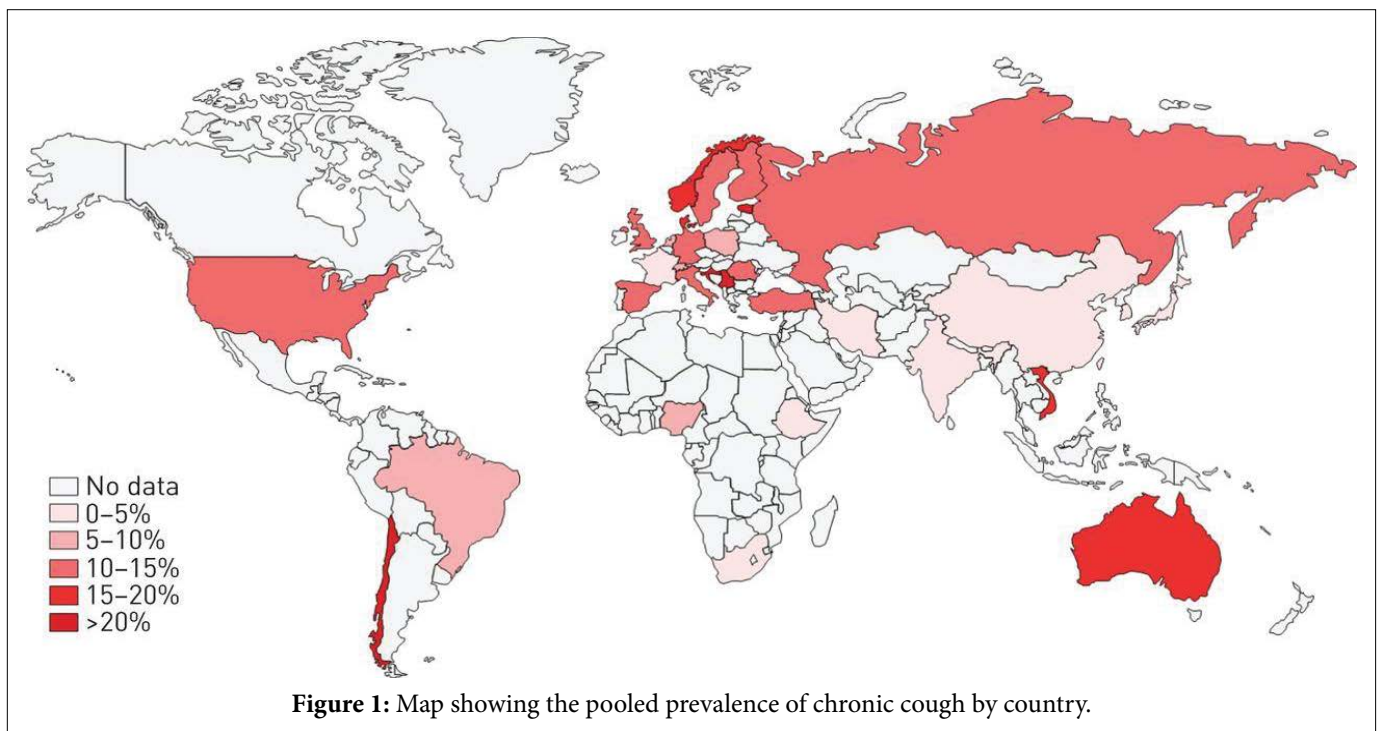
CAUSES & ETIOLOGY OF COUGH

There are many causes of cough, and most are benign; the common causes are

Allergies that involve the nose or sinuses.

- Asthma and COPD (emphysema or chronic bronchitis)
- The common cold, flu, and other viral infections.
- Lung infections such as pneumonia or acute bronchitis.
- Sinusitis with postnasal drip.
- Gastroesophageal reflux disease (GERD)

Cough is not a disease; rather, it is a symptom for the purpose of diagnosing a disease. It can be said that it is a problem that disturbs the affected person a lot, upsetting his normal functioning, such as his daily routine, official and social duties, and so on. It is rightly said above that it is a problem because this also reoccurs frequently again and again and affects the quality of life. It needs to be managed [3].



The etiology [4] of a cough is an arbitrary classification based largely on the duration of the cough. If a cough is present for less than three weeks, it is designated as acute. If a cough is present for three to eight weeks, it is chosen as sub-acute. In case the coughing continues for more than eight weeks, it is titled as chronic [3, 4]. The most common causes of acute cough in adults are severe viral upper respiratory infection, also known as the common cold, and acute bronchitis [4].

STEPS TO GET THE COUGH RELEASED

Here, a way out is suggested below to be carried out by the concerned individual for the direct release of the cough in the shortest possible time, irrespective of the cause of the cough and its type; the author has also given a simple way for emptying the urinary bladder in elderly men [9].

1. Saliva is continuously produced inside the mouth and swallowed subsequently by us habitually.
2. Start by holding the saliva in your mouth without swallowing.
3. Thereby, the amount of saliva will keep on enhancing with the passage of time, all through 20-30 minutes.
4. This will provoke irritation in the throat, and the subject will be bound to hawk.
5. This will result in the release of phlegm, which should be discharged; the amount of phlegm may be marginal.

6. This act should be repeated a couple of times so that a substantial part of the phlegm is released and one starts feeling better.
7. This performance can be practiced while the person is involved with his routine job as well.
8. The author has had the experience of observing and practicing it successfully for the past two decades.

CONCLUSIONS

Acute and sub-acute coughs require no diagnostic studies and should be treated symptomatically unless there is suspicion of an insidious pathology. Most cases of acute cough should be treated empirically and focus on symptomatic relief. These steps will lead to the release of the cough and thereby a better quality of life in the shortest possible time and without disturbing the daily routine. In case one feels uncomfortable due to a respiratory disease, he may release the stored saliva instantly.

The medical experts are supposed to come out with an explanation for the observations reported here.

ACKNOWLEDGEMENT

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