

## **ALLERGIC BRONCHITIS.**

When the large air passages which carry air from the windpipe to lungs become inflamed the result is bronchitis. It is usually easy to control and heals completely with full return of function provided proper medicine and early treatment is given.

It becomes chronic when sputum is coughed up most of time in successive three months for 2 years or more.

### **CAUSES**

Smoking is one of the most important causes.

Allergy, such as air pollutants.

Infection due to bacteria, virus.

Occupation such as coal miners, grain handlers, metal moulders & people working with dust.

Pre-existing diseases such as pneumonia, emphysema.

### **SIGN AND SYMPTOMS**

Repeated attack of productive cough

Cold with nasal discharge.

Cough with yellow greenish sputum.

Breathlessness.

Chest pains.

Fever with headaches and loss of appetite.

All these symptom can increase and can cause the condition to become worse.

### **Do's and Dont's**

1. If you are smoker - ideally quit smoking or at least reduce your intake.
2. Avoid dairy products like milk, butter, cheese because these will increase mucus in the respiratory system.
3. Avoid dry and overheated rooms.
4. Avoid overwork, exposure to coldness -because these act as factors to lower your immunity and lead to respiratory infection.
5. Steam inhalations provide a good relief.
6. Take rest at home and keep yourself warm.
7. Take warm water gargles to soothen your throat.
8. Avoid exposure to paint or dust or exhaust fumes and also people with cold.

**Treatment:** [www.dratanpure.com](http://www.dratanpure.com)