

## COUGH TREATMENT AT HOME

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### Abstract:

Everyone is familiar with cough - this syndrome is the first symptom of an acute respiratory viral infection or a common cold. The therapeutic course begins with the treatment of cough, because its attacks bring many difficulties and inconveniences to normal life.

**Key words:** treatment, milk, honey, oil

### Basic methods of cough treatment

Doctors can offer many drugs that have expectorant and antitussive effects, and their use usually gives positive results within 3-4 days. But folk medicine also has many popular remedies and recipes in its "arsenal" to help get rid of any type of cough. If this syndrome is treated on time, folk remedies can help eliminate problems even within 1-2 days. Of course, you should get a doctor's recommendation before using them.

About the causes of cough →

### Ways to treat cough at home with milk

Milk is considered to be the most effective product for cough treatment. It contains special substances that help to reduce itching in the throat and, accordingly, coughing attacks. At the first signs of cough, you can use warm milk - in this case, both cow's and goat's milk are useful. But if the cough turns into a stable, paroxysmal form, it is better to use folk recipes based on milk for treatment:

**Milk and honey.** It is one of the most popular natural anti-cough remedies, especially because it relieves nighttime coughing attacks on the first day of use. To prepare the remedy, you need to add a teaspoon of honey to a glass of hot milk - this "cocktail" with strong healing properties is ready. But doctors recommend adding not only honey, but also a pinch of baking soda or ¼ teaspoon of vanillin/cinnamon, 1 bay leaf and 2 whole peppercorns to milk. If the above additional components are added to the milk, it is necessary to heat the milk first until it boils, and then cool it and drink it. The recommended dose for any other remedy made from a mixture of milk and honey is 2 cups a day, hot, with small sips.

Please note: when taking hot milk with honey and other components, the patient sweats profusely and during coughing, a sufficient amount of sputum is released.

**Milk and garlic.** Before giving preference to this tool, you should know one thing - the taste of this tool is very unpleasant, but the effect is good and fast. It is very easy to prepare the

remedy - for 1 head of garlic (garlic should be divided into heads and cut into small pieces), 1 liter of milk should be put in a bowl and boiled over low heat until the garlic softens. Then the tool is removed from the fire, strained and drunk 2 tablespoons every 60 minutes (if it is used to treat cough in children, the dose is 1 tablespoon every 60 minutes). To improve the taste of the remedy, you can add a little honey to it.

Milk and mineral water. It is especially useful to use this remedy for the treatment of dry cough - milk and mineral water help reduce the viscosity of sputum and make it come out faster. To prepare this remedy, you need to take an equal amount of milk and alkaline (!) mineral water, and it is better to preheat the milk.

Milk and banana. A slightly unusual recipe, but very effective at the first signs of a cough - use this delicious medicine to stop coughing at the first signs. To prepare it, you need to take 300 ml of milk, 1 banana, 2 tablespoons of instant cocoa and 1 teaspoon of honey. All the ingredients are mixed well (the banana must be crushed in a blender beforehand) and drunk in small sips when it is hot. It is better to drink this cocktail in the evening, and in the morning you can feel that the cough is much lighter.

Milk with butter. Adding a little butter to warm milk helps to relieve a dry cough, relieves the patient from sore throat and sore throat. Quantitatively, 50 grams of butter is needed for 1 glass of milk has an aphylactic (for example, preventing the development of pneumonia or bronchial asthma) effect.

Milk and ginger. Ginger is close to garlic and onion in terms of its properties and usefulness, which is why it is widely used in folk medicine. Experts recommend drinking a drink made of milk and ginger before going to bed. It can be prepared as follows: put half a glass of milk, 2 teaspoons of green tea and a small ginger root in a bowl and boil it 3 times, waiting for 5 minutes to cool the tincture between each boiling.

Milk with propolis. Bee products are usually very widely used in the treatment of cough at home, but the combination of milk and propolis is the most effective. To prepare a therapeutic drug, it is enough to add 2 drops of aqueous tincture of propolis to 1/3 cup of milk. The mixture should be drunk before going to bed. As a rule, if the cough is "caught" at the initial stage of development, in the early morning the patient notes the absence of coughing attacks.

Figs and milk. This remedy has been widely used for the treatment of colds and whooping cough in children. It is very easy to prepare - it is enough to wash 2-4 figs well, put them in milk and boil them for a minute. The finished mixture is drunk 3-4 times a day in half a glass.

#### THE MOST POPULAR COUGH REMEDIES IN FOLK MEDICINE

In addition to milk, folk medicine also uses other plants and products - they also have an effective effect on progressive cough. Below are some recipes that will help you quickly get rid of dry and wet cough:

Glycerin and lemon. Boil 1 whole lemon over low heat for 10 minutes. Then cut the lemon, squeeze the juice from the resulting halves, add 2 teaspoons of medical glycerin and put



everything in a glass. Then honey is added to the medicine until the glass is full. It is taken 1 teaspoon three times a day, but if the patient coughs for a long time, the dose can be increased to 2 teaspoons.

Olive oil and honey. This is the easiest and most effective way to get rid of cough quickly. This tool "works" both in dry cough and wet cough. For this, just mix equal amounts of olive oil and honey and take 1 teaspoon 5-6 times a day.

#### **COMPRESSES FOR COUGH TREATMENT**

The use of compresses for the treatment of cough has long been known to be effective, but they are indicated only after the acute period of the disease has passed.

Any compress consists of three layers:

Wet layer - it can be cotton or gauze moistened with medicine;

Insulating layer - polyethylene bag or wax paper to prevent the drug from leaking from the inner layer;

A layer for a warm wrap can be a thick towel, a warm scarf or a bandage.

The compress is placed on the upper part of the chest, the part of the anatomical location of the heart is always open. The principle of operation of compresses is that the heat generated by them enters the veins and expands them, and that's it improves blood circulation in the area. This, in turn, helps to move sputum faster and reduce its viscosity. Compresses are not allowed for children under one year of age.

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